

March Info bite

Changing your lifestyle one bite at a time!

DietSense



Be stronger than your excuses

I'm sure we have all been there – making excuses to justify why we have not reached our health goals – and (almost) believing them!



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Overcome the more common dieting excuses:

1. "One bite won't hurt" True, but that single bite often escalates into a 2nd, 3rd and adding a side dish plus a calorie laden drink – problematic!
2. "I'll start tomorrow" Or Monday. Or next week. The problem is that D-Day never arrives leaving you stuck in your old habits indefinitely. Right now is a great time to start losing weight!
3. "I already blew it for today" It's never too late to get back on the horse! Stopping before eating the second half of the pizza is not as good as avoiding the pizza entirely, but it does save plentiful calories.
4. "Diets do not work for me" Truthfully, diets seldom work in the long run, BUT healthy lifestyle changes do! The tricky part is keeping it off. Small sensible lifestyle changes are best for long term success.
5. "I don't have time to log my food" Logging food can be cumbersome, but it has been shown to increase your chances of losing weight and keeping it off. Results require effort – hunker down!
6. "I don't have time to cook" There are plenty of shortcuts to get healthy meals and snacks – ask your dietician to give you tips!
7. "I deserve a break" Of course you do! Consider watching a movie, phoning a friend, going for a walk, reading a book in the garden. A high-calorie snack will only give short term satisfaction.
8. "Healthy food is too expensive" It does not need to be! Store brands can be less expensive but great quality. Another trick is to buy in bulk and portion your own instead of buying in single-serving packages.