

The 5 Habits You Need To Guarantee Successful Weight Loss



Warning this e-book is only for those who want to tap into the habits of people who have successfully lost weight and now live an energized, healthy, confident lifestyle!

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YOU are about to discover the real secrets of losing a stack of unwanted weight, feeling amazing in your own skin and have more energy than your body has room for!

The goal of this book is to show you the habits that have made many of our clients successful in not only losing weight but maintaining it!

Are you ready?



The 5 Habits That You Need To Guarantee Successful Weight Loss!

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Success Habit 1: Immerse yourself – Change your space, surround your self with healthy and happy people, read, watch and listen to information that is going to inspire and educate you.

Those who are successful at losing weight will find a way to immerse them selves in weight loss information. They may join support groups, subscribe to blogs, watch videos, read magazines, start hanging out with the “fit people”, hire a trainer start a boot camp or weight loss transformation challenge. Groups or teams provide amazing support and accountability networks. The people you associate with will help pick you up when you are down and push you to new heights when you are up!



3 Tips on how to immerse yourself

1. Imagine how much more motivated you will be if everyday you wake up and you see that dress or pair of jeans that you want to get into but can't, how much more motivated you will be if your social networks are filled with workout videos and healthy lunches and dinners instead of nutella donuts, nutella pizza, nutella milk shakes (is it just me or is nutella taking over the world of deserts?) . Change your space, change the environment that you live in to one of the healthy fit person you desire to be.
2. Those who surround themselves with people that are aiming for the same goals or are surrounded by those who are ahead of them in achieving that goal are more likely to succeed. Together you have the ability to share success and failures. Learn from each others wins and losses.
3. Listen to audio (podcasts or audiobooks) on motivation, health and well being. This is a simple way to quickly learn and it capitalizes on down time. You may have the audio on in the back ground whilst doing house work or cooking, whilst on the train or in the car.

Success Habit 2: Journal – Write it down. (Everything)

Using a journal will make you more mindful of what you are doing/eating/ feeling and this will allow you to make better decisions in moments of weakness. A journal will allow you to set



clear intentions on what you want to achieve each morning and should be used to review the day before you finish up for the evening.

You even have the added benefit of being able to track your nutrition and exercise habits so that if you do get stuck at a certain weight you have all the information you need to make effective and efficient adjustments and move forward. Tracking your workouts and seeing progression can be one of the key ingredients to your success as you will stay motivated and focused on your fitness as your numbers get better from session to session.

3 Tips on how to use a journal

1. Write something down every day no matter what it is just get something on paper (this will establish the habit of writing in the book)
2. Buy a journal that excites you! If you just invest 84c on an A4 book you will not respect it. Find a book that feels good to touch that makes you want to write in it. This may sound strange but trust me it works!
3. Write down just 3 things that you want to achieve for each day as soon as you wake up and rate yourself at the end of the day on how well you performed in doing these tasks!



Success Habit 3: Mastering self-talk

We all have that little voice in our head that says "Why am I doing this" "Its hard" "I'm tired" "Just this once" "Its Ok" "it wont hurt you have been good" Or "Its been a bad day I need a wine/chocolate/beer/Chinese "

I am here to let you know first of all your not crazy we all have that voice ☺

Secondly if you didn't know this already you're in control of that little voice but only if you're mindful of it. If you are not mindful of the little voice it will sit there chatting away to you that wont always serve you. The little voice will act on your beliefs, values, patterns from your past and some of those are outdated and are the reason you are where you are but they would have been originally placed there as some form of protection of pain or way to feel good or bring you up. (this is a very basic overview of this subject we have more information on our website www.4ubodyfitness.com.au) . So you need to learn to control this little voice so that you can start directing your thinking to focus on the positive outcomes of making the change, and the reasons that you have decided to make the change in the first place!

3 Tips to Master Self Talk



1. Witness the thoughts as an observer.
2. Practice changing negative thoughts into positive ones
3. Look for evidence in your life on why you will succeed. You can use a book of wins/ victory book for this where at the end of the day you write down everything you did successfully this may be as simple as brushing your teeth and getting out of bed without hitting snooze all the way up to completed a major project at work and went for a 10km run



Success Habit 4: Plan and prep your food

"If you fail to plan you plan to fail" Benjamin Franklin

The food you put into your body will either heal you or harm you and if you are eating like crap at the moment you are doing more harm than good. It is so easy to do to right? Plus healthy food is boring and I can't eat the same things every day. Except if its timtams or weetbix or.... Most people only rotate between 3 -5 different meals at each major mealtime per week. (Right down what you eat for a couple of weeks and you will instantly know what I am talking about) and the most successful narrow that choice even further.

Imagine that it is 2:45pm and you know that at 2:45pm each day its timtam and coffee time, and your starting to get a little tired and hungry and your current habit takes you out of your chair and to the coffee machine completely, your first timtam is whilst the kettle is boiling you make your coffee and then take one more timtam "for the road". This is a common scenario for most people and this is all because of a lack of planning and preparation from earlier in the day. If only you had of taken your lunch to work or had prepared snacks already in the fridge. You could have completely avoided the lethargic feeling you are getting or it would just be easier to eat what you had prepared.



Planning and preparation will take an initial commitment from you, but you want it right? You are ready for change, you are sick and tired of feeling the way you are and it is time to hold yourself to a higher standard!

3 Tips on how to plan and prepare your food

1. Choose one day of the week to plan out the meals for the whole week. Initially limit your choices to just two options per meal. The ones you eat stay in the plan the ones that you don't eat or avoid get eliminated from the plan
2. Prepare as many meals as you can in advance! This will mean less cooking time overall. Make extra dinner at night so that you have lunch for the next day or do a big cook up on one or two days and freeze meals for the week.
3. Eating less processed food normally means two shopping trips per week a major and a minor shop. Never shop on an empty stomach, as you are more likely to stray from your plan. Also deliberately avoid isles that have foods in it that you do now want to consume. These are simple mistakes that have destroyed many good intentions



Success Habit 5: Exercise but make it easy

Do not overcomplicate your exercise plan.

"Progress equals happiness" Tony Robbins

Move every-day and your motivation will soar. You will be energized by your workout, you will have feel good hormones raging through your body and you will be proud of your achievements. Your behavior for the rest of the day will reflect the effort you have put in and you will be less likely to self-sabotage.



Small wins early increase your chance of achieving success later. Those who achieve implementing a successful exercise routine start off with building up slowly and consistency. They work within not only their ability but also what they are confident they can achieve. This may be as simple as a 5 or 10 minute walk or it may be as complex as a gym workout or HIIT session. If you are not sure where exactly you are at reach out for expert help. Good trainers will be able to make an assessment and write you programs that are suited to your level of confidence and ability. If you have ever experienced being overwhelmed it is not a good motivator. When you are just starting a new routine you already have enough going on that you do not want to complicate the situation with 10 brand new exercises to learn.

3 tips on how to move every day

1. Do it as soon as you can you will have the most will power earlier and wont be as tired from decisions and activities you have already performed. If it has to be in the afternoon back it onto the school run, as soon as you get back from work or straight after dinner. You will be able to leverage off these already established habits.
2. Make it really easy, to begin with 1 minute or 2 minutes of training until you succeed at least 5 times in a row. You will see your confidence start to soar and it will be easier to progress to more challenging training sessions.
3. Track your results so you can tap into the competitive you. Beating a personal best or even just the score you got last week will do amazing things for your motivation and eagerness to go again!



What's next?



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Connect with us at 4 U Body Fitness

We love hearing your story, and if you have downloaded this e-book and implemented these strategies I want to hear about the success you have achieved.

If you need some help in getting started or maybe you are challenged by a particular obstacle call on 0403941014 or connect online;

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This e-book was written by 4 U Body Fitness Director,

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Tim has been helping the local community create and achieve a healthier more satisfying lifestyles since 2005!

