

# KICKSTART

*Your Weight Loss*

Strategies to help kickstart your way to losing weight. Ideas on how to change your mind, change your life, and change your health.



# IT'S ALL IN YOUR OWN MIND

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Did you ever share a concern with someone only to be told, "It's all in your head." At the time, that may have seemed rude or even mean-spirited. But — it's actually true. Your mind is a powerful tool, for better or worse.



# STOP

## THE PITY PARTY

Forgive my bluntness, but the reason you are where you are and weigh what you weigh, is because of YOU. No one else shoulders the blame. That may seem a little uncaring, a little mean even, maybe. But the best news is, YOU can also decide to change the way you think about your own life, your weight loss, and your goals.



What do YOU want to do? When do you want to do it? You don't have to wait for a new year. You can just decide, today, right now, to make a change. You don't have to go buy a new workout wardrobe or invest in expensive gym equipment. You simply have to make a decision to lose weight and get healthy, set your goals, and change your mindset to one of possibility and transformation. And then put your goals into action.

So, what would you do with a clean slate? An opportunity to change your life, your health, for the better? That's what I want to help you do. And the change you want to see truly is all in your mind, and totally within reach.



Step

1

# WHAT IS YOUR WHY?

**Instead of focusing solely on what you want to lose, think about what you want to gain.**



Why do you want to lose weight? Is it just so your scale will show a lower number? A lot of people want to lose weight so they can look great in a bikini, or at their high school reunion or other occasion. If that's your why, then, awesome! But dieting for a "season," or an "occasion" can cause a lot of people to constantly lose weight only to regain it after the season or occasion has passed. Do you want to look good just for a season? Or for the rest of your life?



Beyond looking better, most people say they want (or need) to lose weight to improve their health. Your "why" will need to be strong enough to motivate you on the days you don't want to lace up your shoes and go for a walk. It will need to help keep you on track for the days when you are so busy you don't make exercise and healthy eating a priority. You can choose to reward yourself with a walk rather than with a pint of ice cream.



When you identify and internalize your "why," you will find it is key to your success. It will help you remember that YOU get to choose whether you feel moody, stressed, hungry, tired, or discouraged, or whether you choose to feel energized, healthy, strong, and capable.

Step

# 1 WHAT IS YOUR WHY?

Here are some examples of some “why I want to lose weight” statements people have shared with me:

*I want to lose weight so I can feel confident in my own body again.*

*I want to lose weight because I don't want to die of heart disease like some of my other family members.*

*I want to lose weight to show myself that I can conquer my addiction to food.*

*I want to lose weight so I can keep up with my kids (or grandkids).*

*I want to lose weight so I can feel as energetic as I used to feel.*

*I want to be a positive role model for my family, to show them we can have fun and stay healthy together.*



Step

1

# WHAT IS YOUR WHY?

List your own 10 reasons why you want to lose your weight, and why?  
How will it make you feel when you achieve your weight loss?

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Step

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# RETRAIN YOUR BRAIN & **EMPOWER** YOURSELF

One thing that may have stopped you from making a lifestyle change in the past may have been your fear that,

“This is going to be hard!”

Or, “This is going to be painful!”

Or, “OMG, I am going to miss eating cake whenever I want to!”

See what those are?

**They are thoughts,  
simply thoughts.**

They are not facts. And you get to choose your own thoughts.

## YOUR THOUGHTS

don't have to mirror the thoughts you've had in the **PAST**,

or the ones you **INHERITED**

from your family, or even the thoughts you had **THIS MORNING.**

You get to **CHOOSE** how you feel. Isn't that great news?

Step 2

# RETRAIN YOUR BRAIN & **EMPOWER** YOURSELF

The most important thing for you to resolve for success in your weight loss journey is to believe in yourself, and to adjust your mindset accordingly. This will help you set realistic goals, achieve them, lose weight, and become healthy. And in the process, you will very most likely develop a deep belief in yourself.

## YOUR WEIGHT LOSS THOUGHTS

What are your current thoughts about weight loss? Be honest. List them here.



# Step 3

# POSITIVE AFFIRMATIONS

Re-read your weight loss thoughts from the previous exercise. Are they positive or negative? If they're negative and filled with dread and pain, can you change the way you think about weight loss? It will be helpful to reframe your thoughts into positive affirmations that you can recite to yourself every day as you begin your weight loss journey.

**I've found the best way to train my inner voice to be my cheerleader and not my critic is to practice daily affirmations.**

I write them down and post them where I can see them every day. And I also say them out loud, every day. Here are a few of mine.

*I love being physically active.*

*I enjoy eating healthy food that helps me reach my ideal weight.*

*I love the way my body feels as I become slimmer and more fit.*

*I love myself. I am lovable.*

*My life is so beautiful.*

*I am so grateful to my body and I will take care of it every day.*

*I am easily controlling my weight by eating healthfully and exercising every day.*

*I believe in my ability to stay fit and healthy.*

*I am feeding my one and only body healthy food and moving every day to stay fit.*



Step 3

# POSITIVE AFFIRMATIONS

List 10 affirmations you can say every day to retrain your brain to work for you and with you as you change your life and your body:

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Step 4

# SET GOALS & MAKE A COMMITMENT



Setting goals will help you make a commitment that you're going to lose weight and become fit and healthy.

When you're setting goals, be specific. What exactly do you want to accomplish? Within what time frame? How will you make this happen? What action steps will you take? How will you measure your progress?

It's OK to think big and audacious, but also make your goals attainable. Do you honestly believe you can achieve the goal, and do you have the time and resources available to dedicate yourself to attaining it?

# Step 4

# SET GOALS & MAKE A COMMITMENT

List your specific weight loss goals. Be sure to outline:

## WHAT

you want to accomplish

## WHEN

the timeframe within which  
you will reach your goal

## WHAT

action steps you will take

## HOW

you will measure  
your progress

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Step

5

# EAT, DRINK, MOVE & BOOST YOUR METABOLISM

It's undeniable – there is so much weight loss information in the world today. “Eat just bananas and lose weight!” or, “never eat carbs again to feel fantastic!” It can be overwhelming. But the more you read and research, long-term, sustainable weight loss comes down to just one consistent approach over time: eat healthy food and move your body. That's it.

**One thing that may not be working for you as well as it could is your metabolism.**

Everyone burns fat at a different rate. Your thin co-worker who eats three full meals and three full snacks a day probably has a raging metabolism. While your metabolism is what it is, there are certain activities and foods that will fuel it and actually boost it.



Step 5

# EAT, DRINK, MOVE & BOOST YOUR METABOLISM

You'll see a ton of varying information, again, about how to increase or boost your metabolism. Should you eat 12 times a day? Only three? What and when and where? It's mind-boggling. One thing that is agreed-upon, though, is that your diet and activity level both help keep your metabolism functioning and burning fat. It's not necessarily fixed at a certain level.

Here are some basics I recommend to increase your metabolism and keep it working for you:



## • Move!

Walking is a great way to stay in shape and keep your body strong and flexible. Strengthen your relationships by making your children or your partner your walking buddy. Walking together removes distractions you may have at home—such as constant interaction with screens—so you can have a real conversation with your loved ones or good friends.

Getting 10,000 steps a day has become a goal of many people in the last several years. So get your steps! You don't have to start at 10,000 right off the bat—in fact, don't, because if

walking a distance is new to you, it may make you sore and cranky and then you won't want to continue. But make it a goal to get to 10,000 steps. If you spend a lot of time in front of the TV, get started by walking the commercials. If you don't have a treadmill by your TV, just get up and walk around your house during the commercials. Get your steps every day! It will help you lose your weight, bring you better health, and help you have a better life.

# Step 5

# EAT, DRINK, MOVE & BOOST YOUR METABOLISM



## • Yoga?

Yes, yoga, the well-known stress reliever. Stress produces a hormone called cortisol, which can hinder your body's ability to burn fat. Practice yoga and you'll most likely see a drop in your cortisol and a jump in your metabolism.



## • Say "NO" to foods high in sugar or white processed flour.

(or anything processed, for that matter).



## • Consume metabolism-boosting foods and nutrients.

Some foods that have actually been shown to boost metabolism are green tea, pepper spices, ground ginger, hot peppers, nuts and seeds, fatty fish high in omega-3s, hemp and flaxseed oils, apples, broccoli, citrus fruits, whole grains (quinoa, oats, brown rice), dried legumes such as red kidney beans, berries, and garlic.



## • Don't skip breakfast.

Eat first thing in the morning if you can, and within 30 minutes of waking up. My morning routine includes a smoothie packed with nutrition and probiotics.



## • Drink plenty of water.

Drinking water before eating and throughout the day will not only keep you hydrated and give you more energy, it can also help increase the rate at which you burn fat. Staying hydrated offers tons of other health benefits also. Drinking plenty of water helps your body eliminate toxins, and transport nutrients and energy to every cell in your body, and can also help keep your skin hydrated and looking fresh.

Step 5

# EAT, DRINK, MOVE & BOOST YOUR METABOLISM



- **Get enough sleep.**

People who are sleep-deprived often turn to high carb foods for a quick burst of energy. Instead, plan to sleep a full eight hours. When you sleep less than seven hours, your body can actually start to store fat.



- **Eat enough of the right foods.**

You need to eat enough to keep your metabolism burning, and skipping food completely will slow down your metabolism and your body will turn to burning your muscle for its energy.



- **Carry healthy snacks and filled water bottles with you at all times so you're not tempted with fast food or snack machines.**

And along those lines, make sure you only bring into your home what you want to eat. Don't make the mistake of, "The cupcakes are for the kids." Do you really want your children to grow up thinking sugar is a treat, a reward, or a food group? When you shop, stay out of the aisles. There's only processed food in there. Shop when you're not hungry, and stick to your list of healthy unprocessed foods.



- **When you grab something unhealthy, imagine how it will look on your butt or your gut.**

No really, I mean it—really imagine that! Then, and only then, decide if you really want that unhealthy food in your home or on your body.



# MAKE THE COMMITMENT

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I made the commitment to live a healthier life a few years ago, and my change was not just a flash in the pan. My change has been so overwhelming and impacted my life and my children's lives in such a positive way that I will NEVER again go back to an unhealthy lifestyle. I will never give in again to the "poor me" mentality, or "I need to treat myself" again.

Before you eat, stop and think about whether you are really, truly hungry. Is it just "time" to eat? Are you stressed or sad? Replace your thoughts of stress and any emotional eating with a brisk walk or other activity. As a bonus, simply getting up and moving has been shown to improve mood and alleviate health problems, like high blood pressure, depression, diabetes, and more.

**SO JUST MOVE!**





Becoming fit and healthy really all circles back around to your mindset: if you decide you want to be fit and healthy, follow through on that decision every day, no matter what stress, busy schedules, or other drama is introduced into your life. It's your life, and your decision. You can decide to be fit and healthy.

Shifting my mindset to understanding that my drive and determination to lose weight all begins in MY OWN mind was transformational for me. I love my renewed, energetic life. Every morning, I reaffirm my belief in myself and take a few minutes to acknowledge everything in my life with a grateful heart. And every morning, I reaffirm my goal to be the best me I can possibly be today.

**Living and eating healthfully becomes a lot easier when you simply make a decision to make this part of your daily life. **JUST START!****