



Simple Habits for Fat Loss

Self-directed fat loss programmes fail 98% of the time, but not because fat loss is so hard. It is because most people make fat loss hard by trying to learn and do too much at once. It's all or nothing at its worst, and leads to a staggeringly high rate of failure.

I have listed 8 of my key proven habits/behaviours for fat loss. Some you may already be doing and others may be new to you or habits you find difficult to form.

Successful lasting change happens by introducing habits/behaviours slowly- and only when we are truly confident we can do them.

So simply read through the list of fat loss habits/behaviours and choose one habit to follow for the next 7 days. Pick whichever one seems easiest for you.

Once you choose, ask yourself the following question:

On a scale of 1-10 how confident am I that I can do this habit every day for the next 7 days?

If the answer is a 9 or a 10, you can get started on that habit.

However, if your answer is less than a 9, either choose a different habit or make your chosen habit easier until you're really confident you can do it. For example, instead of exercising for 30 minutes a day could you do 15? How about 5? Give yourself permission to make it easier and easier on yourself until you're at least 9/10 on the confidence scale. Then do it.

Pick **ONE** of the following habits and do it every day for 7 days.

1. FAT LOSS HABIT

Exercise for 30 minutes

2. FAT LOSS HABIT

Take a fish oil and multivitamin supplement

3. FAT LOSS HABIT

Drink a minimum of 2 litres of water per day, ideally 3 litres.

4. FAT LOSS HABIT

Eat at least 4 one cup servings of vegetables

5. FAT LOSS HABIT

Sleep at least 8 hours(including naps and night time sleep)

6. FAT LOSS HABIT

During each meal, stop when 80% full

7. FAT LOSS HABIT

Twice during the work day, get up and do 5 minutes of stretching

8. FAT LOSS HABIT

Eat 4-5 meals per day

9. FAT LOSS HABIT

Eat lean protein with each meal

10. FAT LOSS HABIT

Replace grains with greens during each meal

These 10 habits will give you a great start on the fat loss process. But remember the rules. Don't try to pile them all at once. Begin by choosing one new habit that you're confident you can do for 7 days. Then do it, adding new habits only after you have mastered the first one.

You can also use these 10 habits/behaviours as a check list to stick on your fridge or desk to keep your nutrition on track.