

Tips for Making and Keeping Your Weight Loss Goals



Excess weight has been associated with a number of diseases over the years. They include hypertension, type 2 diabetes, and [heart disease](#), among others. Cutting that excess weight can be a difference-maker health-wise. This can be a struggle as you have to make a number of significant changes. And when you don't have the right plan for your weight loss goals, it becomes even more challenging. Here are a few tips you should use to not only make but also keep your goals.

Be Prepared

When embarking on this journey, you need to be ready to go the distance. Weight loss won't happen overnight. It's a gradual process that has to be treated with the sensitivity it requires.

You also need to take a readiness test of your own to ascertain your readiness by answering a few questions like:

1. Why am I doing this?
2. Do I have the support I need if I really need it?
3. Where will the motivation come from?
4. And am I motivated enough to get started?
5. Do I have the time to embark on this journey?

If you have these answers, then you can start small.

Start Small

This isn't a sprint, and you're likely to wait a while before you get to the weight you desire. Start small and don't burn up too much energy and drain all motivation in your first few days. When you start at high speed, you're likely to burn out early with little change. This can make you lose hope in the process. First, get a [weight loss DNA test from myDNA](#), then set out to lose at least 1 kilogram per week. With this, you can put emphasis on burning at least half of the calories you consume.

Keep a Food and Weight Diary

Discipline comes with the territory where you want to shed that extra weight you're carrying. You need to self-monitor what you eat and also the gains you make on this journey. That's why you need a diary. The diary can be a physical one, a website or as many would have it today, a mobile app. You're much more likely to keep up if you record your progress than trying to see weight loss in the mirror.

Find Motivation

Motivation is key if you're ever going to get to your weight loss goals. And it should be something that comes from deep within you. List down why you're embarking on this journey somewhere visible to you daily. It may be you want to fit in that swimsuit on your annual vacation. You can also do it for health reasons. Whatever it is, let it come from within as it will keep you in it long-term.

Eat Healthily

Being mindful of what you eat should now come naturally to you. Seek to [reduce your calorie intake](#) over time. Eat more foods that are plant-based such as fruits and vegetables. You should also reduce your sugar intake as much as possible. And look to eat more whole grains than refined ones.

Conclusion

Making and keeping your weight loss goals can be a struggle if you don't know how. With these tips, you know exactly where to start from and how you can keep working towards your goal during your entire journey.