



# Never give up

**A**ustralians are more overweight now than ever before in history. I personally believe there are three things that cause people to be overweight- over eating, poor food choices and lack of physical activity. In today's society we are living fast and stressful lives, with little time to spend on exercising and cooking, but there is one thing that you need to make a priority and that is your health.

If you wish to lose some of those unwanted kilos then one of the best tips I can give is to persevere, never give up till you get to the desired weight you want to be. Don't let your emotions determine what you are eating. For many people emotional eating is what causes weight gain. Slim people stay naturally slim because they rarely use food as a way of feeling better. If you are the type of person who eats when feeling upset, bored, frustrated, angry or

lonely then you must make some changes if you wish to lose weight.

With the right type of attitude you can overcome any obstacle. Most weight loss plans offer basic eating choices that can't possibly suit everyone so work out an eating plan that suits your personal likes and dislikes. You must be able to have the food you enjoy, just make sure it is low in fat and healthy. Don't think about food all the time and stop using food for comfort. Take control of your diet and see how empowered you will feel. Doing this will help you to not only lose those unwanted kilos but also help maintain a healthy weight. When in doubt say to yourself "what would a healthy person do right now?" and just do it.

Whenever you feel hungry ask yourself whether you are actually hungry or eating because you are feeling emotional? Once you have embraced food that is both low in fat and sugar and have added some

exercise into your day you will find not only lose weight but you will be able to stick with it long term.

Don't think about all your past diet failures. Make this time the last time and never give up. Instead of turning to food when you are bored get busy, go for a walk, phone a friend, go shopping or do some gardening and don't just eat because there is nothing else to do.

Focus on being healthy instead of being on a diet. Diets only make you fat and frustrated. Change your relationship with food and take control of your eating habits. Your attitude is the key to success. By loving yourself, never giving up on yourself and changing any bad habits you can create a lifestyle that is healthy and happy. Be your own best friend, love yourself and know and value yourself.

Look for new ideas, new ways, and a new attitude that will help create the person you want to be. Learning new habits does take time, and isn't always easy but the more you practice new habits the easier it becomes. Above all be honest and responsible for your actions. Start now with a new belief system that puts you in control and remember never give up.

Just remember if you look after your body now you will reap the rewards now and in the future. For more tips and great low fat recipes visit Annette's website [www.symplytoogood.com.au](http://www.symplytoogood.com.au)

*By Annette Sym*



Annette - before & after