

10 Traits of People Who Lose Weight and Keep It Off

Losing weight, for many people, is easier than keeping it off. That's why achieving permanent weight loss and optimum health isn't found in a fad diet, a complicated piece of exercise equipment, or a new drug.

The key to wellness success is resolving to change your lifestyle permanently—and not just during or after the winter holidays, says fitness expert and celebrity trainer Joel Harper, author of the new book *Mind Your Body*, which promises to help readers boost weight loss, exercise, and energy.

"You need to tap into the power of your mind," Harper, the personal trainer for Dr. Mehmet Oz and his family, tells *Newsmax Health*.

For his book, Harper investigated cutting-edge research in the fields of neuroscience and neuropsychology to uncover the reasons why some people stay stuck and repeatedly struggle with excess weight. He found that they share mental patterns that set themselves up for failure such as destructive self-talk, negative thinking patterns, and excessive mental static.

Folks who consistently succeed in achieving their goals also share similar mental patterns—but these are positive and constructive. Here are the top 10 traits of people who have been successful in losing weight and getting healthy.

No. 1: They shut out noise. People who are able to focus on the task at hand without distraction are able to work out more efficiently. "I have some clients who try to distract me by telling jokes," Harper says. "Others are thinking about what happened before or what they'll be doing next. You need to stay present in everything you do."

No. 2: They prioritize. “Do you want to lose belly fat? Get into a smaller dress size? What’s important to you? You need to ask yourself what you want,” Harper says.

No. 3: They are problem solvers. A person who cultivates grit is usually successful.

No. 4: They have clear goals. Create a clear path of what you want to achieve. Write down detailed daily goals.

No 5: They visualize success. Use images to get a crystal-clear picture of exactly what you want. But be realistic, pasting a magazine image of a 6-foot-tall bodybuilder on your refrigerator won’t help you if you’re 5-foot-5!

No. 6: They are organized. Streamline your life. When you are not overwhelmed, you can make mindful decisions. This is especially important for your food plan.

No. 7: They are disciplined. Have the tenacity to stick to your goals and avoid escape routes. Be intense and fired up for what you want.

No. 8: They are flexible. While discipline is crucial, it’s also important to know when to let go. If your friends are going out to dinner when you’ve planned a workout, be ready to make adjustments. You need to enjoy life.

No. 9: They have faith. Truly believe that you can do whatever you set your mind to.

No. 10: They celebrate accomplishment. Celebrate each victory—but not with food. “Reward yourself with a massage or spa treatment if you lose a few pounds,” Harper says. “Never use food as a reward. Change your mindset to recognize food is fuel for your body, not an indulgence.”

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