

3 Reasons You Can't Lose That Weight

A common question I've read in weight-loss forums is, "Why can't I lose weight?" When I read the question, I immediately see the first problem. Here is a clue: When you read the question, can you spot the belief behind it?

That is correct! Within the question is the conclusion that you *cannot* lose weight—no matter what or how long you try. As long as you believe that you can't, you won't.

Your beliefs set your limits. What I mean is, even if a solution came along, you either won't see it because you have your "CAN'T blinders" on, or you will reject it. Why? Because it doesn't line up with your belief!

For example, 1 Corinthians 10:13 promises: "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

So the Scripture promises that God always makes a way for us to escape temptation. But if you don't believe it, then you won't even look for an escape route. You'll give in every time.

What is a better question to ask yourself when it comes to weight loss? A better question is, "*How can I* lose weight?" Do you see the difference? Within the question is the conclusion that there are solutions to your desire to lose weight. The way you live your daily life is where your permanent solution is found.

I believe that weight management is typically a life-management issue. Scientists estimate that 95 percent of what

you do is automatic. Everyday, you probably do the same things, in the same way.

Judging from your physical results, your current pattern has led you to gain weight. So, it makes sense that changing something in your current daily pattern (that 95 percent) will turn things around with your weight—given enough time.

Let's look at three things in your daily pattern that may be hindering your weight loss:

1. Your regular meals. It is estimated that we eat the same seven to 12 foods/meals each week. What are yours? If you don't know, then a good place to start is to keep a food journal for a week. Write down everything that goes into your mouth. Don't change anything yet; you are looking for information. Once the week is up, put a star by the things that you eat most often. Those are the foods/meals you need to target.

Ask yourself, "Are these meals helping my weight-loss goal or hurting it?" If they are hurting it, then you can either look for a lower-calorie version of it or look for a healthier recipe that will allow you to enjoy the food, but get you closer to your weight loss goal.

2. Your eating pattern. Do you have a regular habit of fixing yourself large portions, eating out of large bags or boxes, going back for seconds, or eating when your body does not need it? All of these daily behaviors will contribute to excess weight over time. Just making some small adjustments in your eating patterns could make a huge difference in your weight over time.

3. Your daily movement pattern. How many hours do you sit every day? Scientists did a study recently and found that slim people move (stand up/walk around) for two hours and 15 minutes every day more than overweight people. Even regular exercise does not make up for the negative effects of long-

term sitting.

If you have a desk job, then stand up and walk about for 10 to 15 minutes every hour. You can do some stretches, march in place, or other gentle exercise. Get your two hours and 15 minutes of casual standing movement however you can. If you are at home, you can either walk during commercials or do some spot house cleaning more often. Work to make this a regular routine.

And here's an even better reason: If you have pre-diabetes or have a history of it in your family, then simply taking a 15-minute walk after meals can lower your blood sugar rise by 50 percent.

The conclusion? If you want to lose weight, then start looking at the way you are living your daily life right now. Your answers are probably right under your nose.

P.S. Are you looking for even more weight-loss solutions? Then check out my *Take Back Your Temple* eBook Bundle. In my nearly 10 years of weight-loss-coaching experience, I've discovered that the mental work of weight loss can be a lot harder than anything physical you do. When your mindset is right, then you are willing to do what it takes to obtain permanent results.

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