

How to Break Cycles of Weight-Loss Defeat

When you think of the biggest problems in the United States, you probably think of a shaky economy, layoffs in corporate America or even the culture wars. But a more insidious undertow is threatening to destroy humanity: excess weight or obesity. This epidemic is spreading fast, and the secondary effect of carrying a doughnut around your midsection is seriously hindering our ability to help ourselves and others.

Consider these statistics released from the Centers for Disease Control and Prevention: More than two-thirds of adults are either overweight or obese (BMI greater than 25); more than one-third are truly considered obese (BMI greater than 30); and less than one-third are considered to be at a healthy weight (BMI).

As a matter of fact, anyone carrying a BMI (body mass index) greater than 30 is significantly at risk of suffering a heart attack or stroke or developing diabetes, among other diseases.

That's alarming. To put it into a better perspective, look around the room you are sitting in right now. Find a person to your left and right. One of the three of you is overweight, and one of you is obese.

I'd like to point out a few possible reasons. For one, people are becoming more sedentary in their lifestyles. The boom in the electronics market, the increase in global warming and the popularity of the fast-food industry have all contributed to the steady rise in Americans becoming overweight.

In addition, people are not controlling the amount of food they are consuming. Going back for seconds, overeating and drinking, and the lack of monitoring of the amount of additives will increase caloric intake.

Finally, many assume there is nothing more to do. They've tried to stop eating, to join the gym, to do all the crazy diets and to wire their mouths shut, but none of it has worked. Somehow, the pounds still get packed on.

Cycles of Defeat

Many people have experienced this phenomenon. I call it the cycles of defeat. Fear not—help is here.

Did you know that 50 percent of all adults who begin an exercise program discontinue within the first six months? As alarming as this statistic is, it begs the question: Is society losing the fight against obesity just because we are growing more and more lazy, or are there other factors involved in our insidious passage into sickness?

Relatively speaking, inactivity appears to be a major contributing factor. On the other hand, regular physical activity is nationally and internationally recognized for its role in preventing several chronic conditions, including heart disease, hypertension, type II diabetes, osteoporosis and certain site-specific cancers.

What's the solution? Is it just about encouraging people to get off their butts and move more? If it were that simple, we wouldn't be in this predicament, and furthermore, you wouldn't be here reading this article. Right? So there has to be something else. I want to add one last motivational component to managing your weight you may not have tried yet. How about a godly motivation?

3 Critical Questions

If you're reading this and you are interested in trying to build your relationship with God so that you can tap into the power necessary to overcome the cycles of defeat, you must first answer these questions: Do you know His voice?; Are you sure that God has a special calling on your life?; and Are you

willing to answer the calling?

If you're not sure, then you might not be in relationship with Him. You may know of Him but not know Him. And out of everything I have come to understand, I'm convinced that the one thing God wants us to do is have a relationship with Him, one that goes beyond religion and delves into a spiritual connection with the Holy Trinity—Father, Son and Holy Spirit. The only way to get there is a daily walk with Him.

We are spirit beings who have souls and live in bodies. Therefore, in order to live in the fullness of all God has for us, we must strengthen each of these components of our being.

Our spirit pants for God like the deer pants for water. It is in constant communion with God, searching the deep thoughts of God and providing divine insight and instruction for us.

The soul is the emotive part of our being. It is the brain center. Our actions, reactions and responses originate here. What goes in through the eyes passes directly into the soul. Information instantly downloads into all three, and we either believe the information as the truth or we dismiss it as fiction. Therefore, it is important for us to evaluate what we feed ourselves on various platforms: television, reading, computers and our plates. If you are trying to eat right, don't go down the aisle of the grocery store where the cakes, cookies and other sugar-filled snacks are. You've already established the connection between your stomach and your soul for foods like these. It's time to reprogram your soul's desires and replace them with what your body needs.

Finally, the physical—the body—is that object in the mirror you are either fully satisfied with or have some reservations about. I challenge you to consider that lump of flesh in a new mindset—as a lump of clay, able to be molded and reconfigured in the fullness of what God intended.

Many of us lose the battle of the bulge because we fail to

address all three of these. We work out like crazy (the physical) but neglect the mental and spiritual, which inevitably leads us back down the path to loss. Our minds are weak, our spiritual relationship is broken, and we blindly cling to the notion that looking in the mirror and focusing only on the physical will make long-lasting, positive change. The wounds of soul and spirit are still open and vulnerable, allowing the enemy to take hold of us and send waves of discouragement and doubt.

This three-headed approach to reversing the cycles of defeat will give you the tools to empower you to overcome the things that are holding you back. Decide that you will no longer be a victim of yourself. Remove the old self and walk in the new self that God has been and is calling you to be. With the infusion of the new man, you will be able to walk in victory, be healthy and allow your testimony to inspire and encourage others to do great things.

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Braxton Cosby shares his “STATS” fitness test to help you with your physical fitness at .

If you liked the article, you’ll love the book

In *Fat Free for Life: 13 Principles for Guaranteed Weight Loss and Ultimate Health*, Braxton Cosby, ., gives you the tools you need to lose weight, empower your mind and get—and

stay-healthy. You can find his book at , or anywhere Christian books are sold.