

Why You Should Break Your Weight-Loss Resolution

It's a new year, a time of new beginnings, a time for transformation. At the beginning of the year many resolve to do things like go on a diet and lose weight. They have great enthusiasm for this new venture, but by the first week, they've already thrown the diet in the trash.

If you're among those whose trash cans are full of diet plans, fat-burning pills, magic weight loss supplements and weight loss shakes, I'm not going to send you on a guilt trip. I'm just going to tell you there is a better way to get healthy other than dieting.

Really Good Dieter

When I was extremely overweight, I was a very good dieter. I'd choose a very restrictive diet that had me counting points and taking fat burning pills to ramp up my metabolism. I'd do good on whatever diet I chose. Problem is I saw it as just a diet, a short-term fix for my very long-term problem.

I had no plans to change my habits. I only had plans to stop them for a short time, lose some weight and go back to eating everything and anything I wanted. This had the disastrous effect of the yo-yo dieting syndrome where I'd lose weight, then go off the diet, and go back to eating whatever I wanted. I'd gain back all the weight I lost plus more.

This is a sure-fire way to get into the super morbid obesity club. At 430 pounds, I was there for many years. Then I discovered a logical, practical solution. It wasn't even a secret, but I have lost over 260 pounds.

I Can Change My Habits

What I finally discovered is I can change my habits. I'm not captive to them. Implementing some easy strategies and sticking to them I lost weight. Then, the question became, how do I keep the weight off?

I had to realize I have to change my habits because I want to. I have seen the bigger picture and I want to get healthy and remain healthy. It's a permanent change. It's not just to get into a certain size jeans I wore in high school. It's to get into them and stay able to wear them.

I had to have a transformation, a not-of-this-world mindset shift. "Do not be conformed to this world any longer with its superficial values and customs, but be transformed and progressively changed as you mature spiritually by the renewing of your mind" (Romans 12:2, AMP).

When I change what I eat, I don't go back to what I ate before. That would be the quickest way to regain weight and it would not be changing my mind. So instead of trying to get weight off the quickest way, I chose a slow and steady method that will give me time to make sure the changes are permanent. Plus, it gives my mind time to adapt to the transformation.

God's Wisdom for Me

I have to have God's wisdom for me. I have to know what I should eat and shouldn't eat. Am I addicted to certain foods? Am I someone who just needs to cut back the quantity of foods I eat? Am I an emotional eater who needs to find other ways to process my emotions?

These are questions each of us needs know. For some, it's all three. What's true for all of us is God desires us to be healthy. "I hope all is well with you and that you are as healthy in body as you are strong in spirit" (3 John 2, NLT). Many times, though, we just don't understand or don't want to understand what He's saying to us or showing us.

No One-Size-Fits-All Diet

There is no one-size-fits-all diet, though the weight loss industry would try to make us think that. I found the best way for me to learn how to lose weight is to be accountable to a mentor, someone who has experienced success in weight loss. It helped me to know that person was a Christian and could lead me, not only with their own experiences, but by the Word of God as well.

I call that person another. On my journey, I also needed others, peers who were on the weight loss journey too. We could help keep each other accountable, ask questions, support and encourage each other. And, of course, I needed the Other, the power and wisdom of my Creator to show me exactly what to do. A mentor or another who is in tune with God can help lead me to understand more of what God is saying and if it makes sense or if I am just making excuses.

On Your Journey

On your journey, staying with the plan God shows you is the key. Having a mentor to support you, to make sure you are connecting to God, always challenging you to go to the next level, checking your honesty to answer questions, and leading you always forward is life-saving.

I'm a coach, a mentor, an another. I put myself out there for one reason—to encourage, to give hope, to see others blossom with success. In Sweet Change Weight Loss Coaching Group we do all of that and more. I share my journey. I've been there. I know it's not easy, but I also know it's so worth it to live the life I've always imagined living.

Your Success

There's nothing more satisfying to me than seeing my coaching group members successful. In 2015 the group together has lost pounds and statistics are still coming in. It's notable that

on my entire journey over the last 11 years, I've lost just a little more than what they've lost in one year.

Those in the group are transforming – spirit, soul and body. They are like butterflies beginning to emerge from the chrysalis. I do so love transformation. However, butterflies shouldn't be the only ones having all the fun. We'd like to invite you to learn how to fly as well.

Another flight is about to take off and we need you to make the group complete. Transformation is just around the corner. Go to my website for more information or to join.

It's time. Don't keep putting it off. If you had started this time last year, you could already be at your goal or at least farther along that you are now. It's time. It really is. See you in the group.

Teresa Shields Parker *main claim to fame actually comes out of her biggest failure. At one time Teresa weighed 430 pounds. She lost more than 260 pounds and counting. She is beyond passionate about being whole, healthy and happy or in other words, keeping sane in an insane world. Teresa is a Christian weight loss coach, speaker and author helping others be all they can be in Christ. Check out her books on Amazon or under the resources tab at . You'll find her coaching group there, as well.*