

Did You Make A Resolution To Diet?

How to keep your Diet Resolution – Stop Yo-Yo Dieting Failure!

It's a New Year 2019, and what better way to mark the occasion than with making a promise to yourself we call a Resolution. Making a New Year's resolution to yourself clearly shows responsibility and initiative, which makes you feel good, and gives you that motivation to get started.

Let's fast forward a year. Did you make a New Year's resolution last year? Are you proud of your results? Or, are those 20 pounds still hanging around, your savings account is still the same, you still smoking, and you wasted a fitness membership, and here you are making the same resolution all over again. Why do we find it so hard to keep a resolution? Perhaps it's because, the New Year's resolution is traditionally imposed by society, and people make them because they think they should, not because they want to. People give up too easily when they don't see success, causing this behavior to promote an on and off cycle of dieting. The behavior of going on a diet, you lose weight, you go off the diet, you gain the weight back is known as Yo-Yo Dieting and is proven to not be a healthy way of dieting.

When you can't see success, it means you failed to measure a solution for your goals; always monitor and manage your progress for your Plan of Action, look at your Lifestyle, and Eating Behaviors because only you have the control to self-correct.

Avoid the following Habits and Behaviors that cause Yo-Yo Dieting;

- The resolution is not realistic, achievable nor sustainable.
- Short term and long term goals were not established.
- The goal is too vague or worse, you don't know what it should be.
- The goal is an unconscious dream or fantasy which reflexes hopes and inspiration.
- The dieter lacks the skills to attain the goal of their resolution.
- The dieter does not have a step by step Plan of Action established.
- The dieter is not dedicated to a plan that measures progress.
- The mindset of the dieter who contemplates change rather than commit to change.
- Dieters who speech out with excuses, negative thoughts are simply not motivated.
- The dieter has a lack of support from others who share the same goal.
- A Dieter who will convincingly blame others for their dieting failure.

How to Stop the Cycle of Failure

Whether at New Year's or any other time, the most important advice for anyone is to accept yourself, imperfections and all. See yourself as whole and complete, just the way you are. Focus on self-improvement for gains in self-gratification, instead of feeling hopeless and flawed. Start the year or anytime with a vision of your life. Putting total trust in yourself will help you to achieve any goal, and to not be afraid of failure. If you can do this, you can accomplish whatever you set your mind to. Just Start.

You Can Diet Smart!

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