

The secret to fat loss ...

Don't Think About It!



I remember playing football in a very unsuccessful period with St Kilda FC back in the 1980's. We just couldn't win a game! Yet, all I wanted to do was to win a game of football to avoid the humiliation of yet another embarrassing loss. It really is a pretty simple concept - to win a game of football our team just needed more points than the other team when the final siren sounded! Sounds easy, but why wasn't it happening? I remember spending most of my time during the game looking at

the scoreboard and agonising as we fell further and further behind. Back then I thought it was all about the score on the board. I now realise it had nothing to do with it – the teams that get ongoing success spend no time looking at the scoreboard but all their time focusing on the things they need to do to get the result ...

Focus on the scoreboard and throw in the towel

A great desire for many many people is to lose weight, lose fat, get leaner, fit into a certain outfit or many other goals related to their body shape or size. Would this be true for you? I watch people set the goal and then proceed to weigh, measure and prod themselves on a daily basis with the vain hope that magically the weight or fat will just fall off them. Their whole indicator of success lies in the measurement or the scoreboard and they just don't understand why the numbers aren't immediately going the way they want. Well the answer is simple – they are not focusing on the right things.

The only predictable thing that standing on a set of scales each day will result in is FRUSTRATION and CONFUSION - in most cases it will ensure that you throw in the towel. This is because losing fat and keeping it off is a process and often positive measurable results won't show for some time ... maybe weeks or months!



Focus on the steps and the scoreboard will take care of itself

We all want success on the scoreboard, just as we all want success on the scales or with the tape measure. But the simple secret to get this success is to stop thinking about the scoreboard and start focusing on the simple steps. When we do this we have much more fun, less stress and positive results that will just happen as a consequence.



This is not necessarily what you want to hear, but if lifetime results are what you want then it is what you need to hear. If you want the quick fix diet to get into an outfit for a special occasion in two weeks and you don't mind compromising your health, your energy, your metabolism and your social life then disregard everything I am saying!! But if you want optimal health, energy, metabolism and enjoyment then take note, because if you focus on these things your body size and shape results will take care of themselves. The even better news is that you already know what to do.

Forget about the scales and do what you know to do ...

I will give you a few basis steps to fat loss here and you will look at them and say 'I already know that'. The deal is that today you will look at them and say 'Okay, now I actually will do them!' If you want to lose weight/fat forever then just do the following 10 steps and I guarantee the results will take care of themselves;

1. **Smash your scales!!** They will do nothing but harm and they are no indication of fat loss.
2. **Gain Clarity** on why it is important for you to be lean and healthy. Stay focused on this and forget about the measurements - it will keep you on track when you feel like giving up.
3. **Think long term not quick fix.** This is for **me!**
4. **Eat breakfast within 30 minutes of getting up everyday.** Make sure it is a healthy and natural meal – anything to start with is better than nothing!
5. **Snack or eat a meal every 2 hours.** This will keep energy levels up and metabolism firing.
6. **Include protein in most meals/snacks.** This will help with controlling blood sugar levels, increase satiety and reducing those devastating cravings.
7. **Keep the evening meal small.** Unless you are active after dinner!
8. **Drink enough water.** This will increase metabolism and aid in fat burning. I know you know how much is enough!
9. **Move your body everyday.** Even just a walk or a play with the kids – make it fun, but even if it isn't do it anyway – it will deliver the result!
10. **Indulge in moderation.** Life is to be enjoyed, as is food. Eat it and enjoy it and understand that indulgence is a crucial part of a healthy eating plan – I know you already know what is moderate for you!!



As you look at the above steps is there anything there that is impossible for you? Okay so it is all possible and doable right? Then please believe me when I say you can create any outcome you want by just implementing these basic steps. Just stay the course and do it everyday. Stay on the path even when you don't think anything is happening. Forget about your day-to-day weight or fat levels – just keeping doing these little things and - trust me - the results will take care of themselves. Have a great week.

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