- Weight loss

Feel fabulous in 2025

Change your BODY MINDSET

Rethinking your approach to weight loss could make a big difference

No matter what's holding you back, when it comes to achieving your weight-loss goals there are ways to sidestep common diet obstacles. Changing your lifestyle and dropping a dress size can be difficult, but tweaking your attitude can help you more than you think when on a shape-up journey. Here's how to focus your mind before you start to slim...

Be realistic

Setting yourself attainable tasks is key. 'It may be tempting to promise that you'll go to a yoga class five times a week or lose half a stone before the end of the month, but working from a cold start, you're unlikely to honour that level of commitment,' says functional health practitioner and coach Fran McElwaine. 'It's too much of a behavioural change all at once.' Instead, create small goals that will enable you to build long-term, sustainable results.



Focus on the positives

Dedication is what will help you get closer to reaching your goals. 'Most of us frame positive food choices as deprivation and we obsess about the things we are missing rather than the things we are gaining by making these choices,' says Fran. 'So, instead of focusing on what you're

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lacking, focus on what you're getting – such as extra nourishment, self-respect and better health.'

Learn your hunger cues

Ditch calorie-counting and listen to your body. 'We've been told that convenience is everything,' says Fran. But ready meals and pre-prepared snacks aren't always best for your health. Space out meals and snacks (three main meals and two healthy snacks daily) and connect with your senses. Smell, feel, look at and taste your food, chewing properly to improve digestion and fullness.

28%

of Brits feel they would never be successful at eating healthily or losing weight, found a survey by OnePoll.

Make a to-do list

Jot down a manageable list of essential health upgrades that you can do daily. For example, increase your five a day to seven a day, ditch the car if your destination is within walking distance and start your morning with a healthy breakfast, such as porridge with berries and sunflower seeds, to include the all-important macronutrient groups (carbs, fats and protein).

Don't go it alone

Sharing our goals with others can be a good way to stay on track. 'You're far more likely to make a change stick if you're part of a group, which is why slimming-group members lose more weight than those with one-to-one support from a health professional,' says psychologist Dr Sean Young. Alternatively, try an online support group or start a WhatsApp chat with friends who can help motivate you.

Remove temptation

Switch processed foods for nourishing staples. Stock up on tins of chickpeas, beans and dried lentils, packets of oats, brown rice and nuts and seeds. Make sure your fruit bowl is always filled up and your fridge is crammed with seasonal veg.

'Instead of seeing it as a chore, think of food preparation as an activity that feeds your soul as much as your body,' says Fran. 'Making time to engage with your food is a great way to help you keep a positive outlook.'





THE POWER OF POSITIVE THOUGHTS

It might sound woo-woo, but what if you could manifest the body you've always wanted? In his new book, *Power Manifesting*, hypnotist and author Paul McKenna believes he has the formula to make this happen. 'Think of it as being like a set of algorithms that unlock your dreams,' says Paul. Try his technique to visualise yourself in better shape for the rest of your life:

1 Close your eyes and imagine there's a cinema screen in front of you.

2 On that screen, see a movie of a super-healthy you.

3 Look at your posture and expression.

4 Look at how the even healthier version of you moves and gestures.

5 Look at the way you radiate great health.

6 Now float into that healthy you, see through the eyes of your even healthier self, hear your internal dialogue say, 'I am healthy,' and notice how good you feel.

7 Notice where you feel the good feeling strongest in your body.

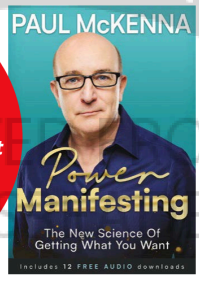
8 Next, give that good feeling a colour.

9 Now, imagine moving that colour up into your neck and head and down into your shoulders, arms and chest. Finally, move the colour into your legs and feet, until you are glowing with health.

10 While feeling this healthy, imagine travelling a week into the future, then a month, then a year, then two years, five years, 10 years, 20 years, 30 years, 40 years and so on.

Read more

Power Manifesting: The New Science of Getting What You Want **by Paul McKenna (£14.99, Headline Welbeck).**



Turn over for our instant slimming tricks ➔

PHOTOS (POSED BY MODELS): GETTY. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP