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How To Maintain Your Weight Loss Motivation

By Jason Barger

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One of the hardest aspects of getting yourself into shape, is maintaining the motivation you need to achieve your weight loss goals. Just about anyone will lose some of their enthusiasm, a month or so into a weight loss program. I have learned a few things that keep me motivated and dedicated to achieving my goals. They have helped me tremendously and I think they will help you as well.

Here are just a few of the many things I do to motivate myself.

Weigh yourself once a week:

I weigh myself at least a few times a week. In the beginning of your program once is plenty because you don't want to discourage yourself. The reason I weigh myself once a week is because it can be easy to look in the mirror and justify, in your head, that you aren't gaining any weight. If you look at a scale every week, you know for sure whether you need to make changes or not.

Keep a picture of the heavier version of yourself in plain sight:

I have a picture of me at my son's baptism next to my bed. I was 20-25 pounds heavier in that picture than I currently am. This gives me a chance everyday to see what I don't want to slip back into. It reminds me why I lost weight and keeps me from sliding back into old habits. Also, it will just remind you of how far you have come and how much better you look now.

Visualize everyday:

You should visualize everyday, how you want yourself to look. If you have achieved your goals then just imagine yourself doing some new things, in your new body. This really does help. I try to visualize myself everyday doing something that I plan on doing in the future. This can help with goals in any aspect of your life. I used to do this while running, when I first started my program. I would picture myself mentally, running and looking the way I wanted to look.

Set your sights farther and higher:

If you have already reached your ideal weight, then you should set some new goals or standards. If you don't, you will probably fall back into old habits. It is harder to maintain something, then to achieve something new. So if you have reached your ideal weight, then why not set a goal to add some muscle. Or maybe, set a goal to get absolutely ripped. In perfect shape, like you never imagined you

could. Look high and far, set your goal and then reach it. Nothing will keep you more motivated than setting and achieving new goals.

Those are just a few of the ways that I use to keep myself motivated. There are thousands more. To find other motivating ideas just do some searching on the internet. You can find thousands of articles and websites dedicated to weight loss and health.

Being healthy and losing weight can change every area of your life. It is amazing, the possibilities we begin to see, after reaching an achievement such as weight loss. Don't lose the momentum. Keep it turned up and start using it to help you with other areas of your life. But most of all, never give up. There will always be obstacles in any thing you do in life. Just don't use them as excuses to hold you back from achieving the ultimate freedom you deserve.

This article was written by Jason Barger. Jason has been helping people lose weight with his breakthrough book, Primal Weight Loss. To learn more about his philosophy and programs you can visit <http://www.primalhealth.com>.
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**How to Live a Low Carb Lifestyle (Instead of Just Being
By Henri Schauffler**

How to Live a Low Carb Lifestyle (Instead of Just Being by Henri Schauffler

We've all heard a great deal in the past year about the "Atkins Diet," "Low Carb Dieting," and so on. I'm here to tell you, however, that "diets" don't work – we need to turn our eating habits into a lifestyle. Notice the word, "habits...."

As with many people, I have tried various "diets" over the years – some worked, some didn't. I have found low carb to be the most effective - but once I reached my weight goal, I said to myself, "Now what? Keep on the diet?" Or, "Can I 'liberalize' a little bit now?" Here is a simple way to understand the issues at hand...

There are two basic factors in weight loss and maintenance:

1. Carb/calorie intake
2. Exercise

We can increase or decrease weight loss by increasing or decreasing in either of these two areas. Therefore, for maximum weight loss, one should exercise 4+ days per week and maintain a stringent "weight loss" level eating plan (less than 1800 hundred calories and/or 20 grams of carbs per day. Once one reaches a weight goal, it might be possible to decrease a little bit in exercise or carb/calorie intake, but not much!

Herein lies the challenge. Many people reach their weight loss goal and say to themselves. "Oh boy, I can eat desert now." Or, "Great, now I don't have to exercise anymore!" WRONG...

The key point is that to maintain our weight, once lost, we must adopt a lifestyle, in our case, a "low carb lifestyle." How does one adopt this lifestyle?

One Key we need to develop our internal motivation – "Why do I want to reach and maintain a certain weight?" For appearance? For health? A combination of the two?"

Write down your reasons. Flesh them out a little bit. Why are you concerned about your appearance? What specific

health issues are you concerned with? Keep this written motivation statement and refer to it often.

Next, just get into the mindset, "I do not eat carbs – I don't like sugar and starchy food is unhealthy."

Just as important, develop the idea that, "I exercise regularly." Make these two affirmations a part of who you are. Tape them to the bathroom mirror, inside your car, to your desk at work and so on. We need to get serious about this.

There are four more Keys - Information, Fitness, Nutrition and Support. There is not enough space here to discuss each key. Please visit <http://www.lowcarb-lifestyles.com> to better understand all five.

To develop a low-carb lifestyle, we need to commit to restricting our carb/calorie intake and to motivating ourselves regularly and stick to it. Simple ideas – now, get to it and begin your low-carb lifestyle!

Henri Schauffler is the founder and webmaster of [LowCarb-Lifestyles.com](http://www.LowCarb-Lifestyles.com), an online community that gives low carb dieters the tools they need to succeed - for life. Visit <http://www.LowCarb-Lifestyles.com> and sign up for the f.r/e/e eCourse, "How to Live a Low CarbLifestyle."

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