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Tips for successful weight loss

By Annette Croft

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by: **Annette Croft**

Throughout my childhood and teenage years I watched as my mother tried every fad diet under the sun. I recall one time she ate boiled cabbage and nothing else for a whole week. I felt my mothers' frustration and misery, however I could not understand why it was so difficult for her to lose weight and keep it off – until that is I became a weight management coach.

For the past two years I have been assisting people to achieve their ideal weight and in this time I have experienced what contributes to a successful weight loss story.

Getting serious

It all starts with you and how serious you are about losing weight. The key to successful weight loss is partly dependent on your level of commitment. How would you rate your seriousness on a scale of 1 – 10 (10 being deadly serious)?

No quick fix

If you have made the commitment to get serious about losing weight then you need to make the commitment to do it safely and effectively. One piece of invaluable advice my own family doctor passed onto me is that slow and steady is always the best option. The longer it takes you to lose weight the less likely you are to put it back on.

Staying motivated

Always keep the end in mind! Write down all of the reasons why you are motivated to lose weight now. Record these reasons on a piece of card that can be kept in your wallet or purse. Each morning and before going to bed remind yourself by reading aloud why you are motivated to lose weight.

Facing challenges

Every day you are likely to face challenges, which can disrupt your focus and get in the way of your weight loss goals. Write down all of the challenges that you know have made losing weight hard for you in the past. This will help you to develop a better strategy this time. Three common challenges are lack of results, boredom and lack of support from spouse, family and friends.

Choosing a weight control program

I recommend choosing a diet / weight control program that offers all of the following for best results:
Provides a balanced nutritious program that is safe and effective
Support system and regular progress follow-up
Teaches you better eating habits
Teaches you how to maintain your weight once you have reached your goal weight

Annette Croft has been assisting people reach their ideal weight for two years with the aid of a nutritious, simple and convenient weight management program. For more articles please send an email to amcroft@optusnet.com.au. For a free weight profile and consultation please visit www.getslim-n-trim.com

Weight Loss Supplement
By Rolf Rasmusson

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Weight Loss Supplement – what is it?

The term “weight loss supplement” is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava – Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement – variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement – safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement – which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

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