

# Take Control of Your Life: 5 Surprisingly Simple Keys to Losing Weight and Feeling Awesome

So, you want to lose weight? Really? Are you sure? Losing weight isn't magical or unattainable for the average person. It's simple math. The problem is it's easy to get off track if you aren't fully committed to getting the results you say you desire.

**When you are truly ready to lose weight, here are 5 things you need to do:**

## GET FOCUSED

Decide WHAT you want. Decide WHY you want it. Decide WHEN you want it.

When you clearly define your goal and why you want to achieve it, you'll find that it's easier to say no to temptations. When you are truly focused on losing 10 pounds this month, you will say "no thanks" to after work drinks and free chips at a Mexican restaurant. You will take the stairs instead of the elevator. You will get a workout in on Friday afternoon. When you have clearly defined goals, you won't take lousy excuses from yourself. You'll make things happen.

**Action Item: Write your WHAT, WHY and WHEN.**

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Example: By June 1st, I will lose 10 pounds because I want to have more natural energy and feel good throughout the day.

## GET INTENSE

Think about how each food and exercise decision will contribute to your goal. Set mini goals and track everything! Break your WHAT into weekly or daily goals. Give yourself credit for losing 1 pound even if you have 50 to go. Track your food. You've got to be brutally honest about what you're eating and drinking each day. Even if you think you're eating "pretty good," you might need a reality check. Use online resources to calculate the number of calories your body needs per day (your BMR). Keep a food journal on paper or using an app like MyFitnessPal so you can see how your intake compares to the suggested number. Review it each day and start making small changes to adjust your intake to fit with your goals. Track your exercise sessions and use a heart rate monitor to track the numbers of calories you burn.

**Action Item: Write down your mini goals and post them somewhere you look often. Calculate your BMR.**

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Example: This week I will exercise 4 times, drink 4 bottles of water per day, and lose 2 pounds! --posted on the bathroom mirror-- BMR = 1600 calories

## GET ORGANIZED

Pick a plan. Choose a personal trainer, DVD series, or online guide. Decide how many exercise sessions you will complete per week and schedule it on your calendar. It's as important as a business meeting. No exceptions! Schedule time for meal planning or enlist the help of a meal service. Organize your meals and snacks so they are available when you need to eat. Don't let yourself get too hungry or desperate for food. Be prepared! Identify behaviors that you might need to create or change. Your morning trip to Starbucks might need to be swapped for a bike ride and a protein shake. Your afternoon snack attack needs to be managed with a pre-planned healthy snack and a quick walk outside (sunshine break, not smoke break).

**Action Item: List specific exercise sessions on your calendar. Write a meal plan for this week including meals and snacks you will make yourself and ones you will purchase on the go.**

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Example: Mon-Thurs 6AM-7AM. Breakfasts: 2 eggs, 1 small tortilla Lunches: Grilled Chicken Salad (on the go) Dinners: Chicken/Fish, veggies, sweet potato Snacks: Protein shake or bar, almonds, greek yogurt.

## GET EXCITED

Imagine how great you are going to feel in your new body!! Isn't that exciting! Shop for a new outfit that you'll love to wear when you've met one of your goals. Buy new workout clothes and shoes that make you smile. (Neon makes everyone smile, right?) Fitness can be fun! You just have to choose exercises that you think are fun. If you are a people person, then exercise with a group. What's fun for someone else, might not be fun for you; however, you can take the time to try a few things and see which one suits you the best. Not excited yet? **FAKE IT TIL YOU MAKE IT!**

**Action Item: Purchase new workout clothes or a non-food reward for yourself. Try a new type of exercise.**

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Example: New bright orange Nikes! Attending a free group run on Monday with a friend.

## GET OPEN-MINDED

Try something different. If you've been exercising and tracking your food but not seeing results, then chances are you need to change something. Your body is very smart. It gets used to your patterns and learns how to efficiently use its energy. The exercise routine that used to work needs to be swapped for something new. Counting calories might need to be replaced with counting your protein, fats, and carbs. On the other hand, maybe you've never truly followed through with a plan for a long enough period of time. Bad news: no matter what plan you follow or how bad you want it, you won't wake up skinny tomorrow. Losing weight is a process and you have to want it bad enough to stick with it and learn some new habits. If you want to make a lasting change, then you might have to do some things you've never done.

**Action Item: What habit can you start that's a little outside of your comfort zone?**

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Example: I've always eaten cereal for breakfast, but for the next 3 weeks I will eat eggs and fruit or a protein shake for breakfast.



## Ready to make a change, but need some extra help?

Call or email me. I'd love to work with you one-on-one to address your specific needs and develop a plan to help you achieve your goals.

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