

ARE YOU TRYING TO FIGURE OUT WEIGHT LOSS?

Written by Tyeisha Delk
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What I have noticed is many people are overwhelmed when creating a weight loss plan, and this makes sense. We are bombarded with weight loss advice from magazines, TV, and the Internet not to mention advice from friends, family members and coworkers. All this leads to information overload and becomes quite confusing yet losing weight is not complicated once the unnecessary fluff is removed.

What is the Right Weight Loss Mindset?

The way you think impacts the results you see on the scale. If you want insight into your current weight loss mindset just take a look at your current results and thinking.

Do you think of weight loss as a chore? Do you figure you will go on a diet for a while so you can get your weight down and then life can get back to "normal"? Have you been battling your weight for years? Do you lose weight only to gain it back plus a few extra pounds?

These thought and frustrating results are indicators of a weight loss mindset that does not support your weight loss efforts. To lose weight and keep it off you must create a weight loss mindset that works with your diet and exercise efforts. You want to create a mindset that looks at eating healthy and exercising as something that feels good and has many benefits and that

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you enjoy doing for your body.

Creating a beneficial mindset is not hard to learn yet very few people take the time to work on this area because its importance is undervalued yet once you “get” how important your thoughts are you quickly recognize this as the missing link that has been keeping you overweight.

Many people find they need some guidance to create a new mindset, and this leads me to discuss the importance of having ongoing support, that you will find by joining the 60 day weight loss challenge.

Call for details: 347-265-0713 or visit www.60dayweightlosschallenge.com Tell them Tyeisha sent you :)