

# BE STRONG

Eat.Move.Live

# THE KNOWLEDGE

## THE CHOICE IS ALWAYS YOURS

When it comes to weight loss, the majority of us know what to do, but what stops us achieving our ultimate goals is the choices we make.

Like anything else in the lifestyle change game, making better choices gets easier with practice. So, the more energy you put into making good choices initially, the less energy it will take as time goes on.

Our choices don't just affect what happens in the moment, they could potentially affect the rest of our life. And an accumulation of poor choices, when it comes to lifestyle, most definitely impacts our long term physical and emotional health and wellbeing.

### HOW TO MAKE BETTER CHOICES

- 1 Know all of your options!** Don't just focus on the narrow options in front of, you widen your view and see what else is out there before you make a choice. Plan ahead, seek advice, get suggestions. The Be Strong community is great for this.
- 2 Take a moment before you commit.** You wouldn't buy a car or a house without having a good long think about it first, so why rush into a plan that will see you do something for up to 16 hours a day for potentially the rest of your life. Repeatedly making better decisions will give you the health, wellbeing and happiness that you ultimately want.
- 3 Make choices that meet your long-term needs rather than your short-term desires.** When it comes to food, drink, and physical activity, it is so common to make choices based in the here and now. But we have to get used to thinking more long term, rather than getting those quick fixes, that actually leave us feeling disappointed with ourselves later in the day or week – missing a workout or eating something off plan might make you feel good for about 5 minutes, but regret is almost instantaneous!!
- 4 Be prepared to learn from mistakes** – It's a fact of life that sometimes, even with the best intentions, all the research and all the forward thinking and planning, we will make a bad decision. Just make sure you learn from those bad decisions and try and improve for next time.
- 5 Remember a bad choice isn't forever** – You can pretty much undo all bad choices by making a series of good choices until the damage is undone. So, don't beat yourself up about making bad choices, learn from it and recover.

#### Good choices for lifestyle change

1. Get yourself a Gameplan – with a goal, a plan, and lots of accountability
2. Track your calorie intake – everything!!
3. Weigh weekly – whatever you think the result might be
4. Take your time to develop new habits, not going at your new 'healthy' lifestyle like a bull in a china shop
5. Exercising regularly – doing something you love with people you like
6. Drinking a glass of water, instead of snacking
7. Filling your time and keeping yourself busy, instead of sitting and snacking