

Reasons Dieters Tend to Fail

Because of my varied and “weird” eating habits, I am often the root of many jokes in my circle of friends. They find it amusing to point out what I will or won’t eat and the impeccable will power I must have in order to maintain it. Is it impeccable will power or super human strength that prevents me from over indulging on a 1000 calorie dessert? Hardly, I have simply become accustomed to my health lifestyle that so many others have failed at achieving. But why is it that so many fail to change their lifestyle by this time of the year, only to restart their efforts in 4 1/2 months.

First off, it is the initial mindset that someone has when they first begin a lifestyle change. For most, they see it as a “diet” also known as, temporary and fast! They are in hopes that they can achieve a supermodel body in 5 months (just in time for Summer), then give it up and be able to maintain it for the rest of their lives. Well, I am here to say, that will NEVER happen, in my lifetime or yours. Simply put, diets don’t and will not work. Thinking that this can be achieved in such a short time and without maintenance is a set up for automatic failure. To achieve your desired goal, you should place emphasis on the fact that it is a lifestyle change that will take more than months, it should last a full lifetime!

- **“1000-A-Day Keeps The Weight At Bay”**

Many times I have heard someone state that they are on a 1000-1200 calorie diet, and this about blows me out of my seat. This is an extremely restrictive way to eat, and being so, not only reverses the effects of weight loss, but creates more health problems due to the lack of certain vitamins and minerals. Anything that restricts food groups or your caloric intake is a set up for dooms day. Its important that you eat a well rounded, balanced meals (that yes, include desserts), which you can maintain without starving yourself. One sure way to be positive you are getting in the right amount is to consult your dietician, so that he or she can tailor a plan to your specific needs and wants.

- **“Better Now Then Never”**

You just got a divorce and to show your significant other you are better than them, you decide to lose weight and get into shape, better now then never. You strive to prove to them you can do it, by what ever means necessary! Believe it or not, you will end up failing, and probably becoming more upset and overwhelmed by the situation. Choosing to change your lifestyle during significant events, especially those that are psychologically draining or overwhelming, is the worse time to make that decision. This is due to your current mental state and your need to refocus other parts of your life first, before working on changing your eating habits and physical self. Though it is a great way to restart your life, it is best to have a clear mind and set proper goals before pursuing a total change in eating habits.

- **“What’s The Point In That?”**

I have a friend that for years complained she could never lose weight. Finally one day I inquired about what she ate, the exercises she completed and how often. She gave me a

puzzled look and simply replied “Oh no, I never exercise, what’s the point of that when I can just eat less?” To expect that you can simply stop eating and suddenly all the weight will come off and stay off is in poor judgment. Weight loss occurs when there is a combination of “diet and exercise”. Meaning, eating balanced meals and working out on a daily basis. Simply reducing calories will not significantly reduce the amount of body fat a person carries, nor will it build muscle in the body, which helps to build a more slender physic. Additionally, exercise is known to help by improving your current mental state, immune system and energy levels. Changing what you eat is only half of the work!

- **“Miracle Mile: Success Is Only A Day Away”**

Do these diets ring a bell for some “Cabbage Diet”, “Broth Flush”, “3-Day Celebrity Way”? Most dieters have heard of so many different diets and have probably tried half, if not all of them at some point, with extreme failure of course. Many of these diets set up the expectation that you can achieve any weight loss or fitness goal in a mere few days and keep it off, without any obstacles or rebounds. But if this was real or even remotely close to being true, wouldn’t the entire world already be following it and have succeeded on it. Wouldn’t modern science be publishing the results world-wide about the “Stand On Your Head for 1 Day and Lose 20 Pounds” diet? The REAL truth is there is no special diet, magic pill or rain dance that can melt away your pounds and keep them off in only 3 days. And having that expectation will lead to you failing at any attempt you give towards these diets. As I said earlier, diets don’t work! You must go in to any change with the knowledge that it is a lifestyle makeover. This entails working at changing how you eat, how active you are and what you expect out of your hard work in the end. Be realist, start by writing out your goals, building a support system as well as seeking advice from a legitimate source, like your local dietician. Though I am teased so often, I smile and know that I enjoy my lifestyle changes and the improvements I have made to this day. It may not be their way, but its certainly the best way for me.

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