

The 10 Commandments of Weight Loss

1. Think 'Healthy Eating' not 'Diet'

If you tell yourself that you are eating healthier and doing well, you are more likely to stay on track.

Limit sugar and refined carbohydrates. Use less fat in cooking and trim fat from meats

Roast, grill or steam rather than fry. Fill up with high fibre carbohydrates and pulses

2. Limit Alcohol

The calories it contains are enormous and empty. It really should be only consumed on special occasions. Plus, it reduces your resolve and inhibitions and just makes you want to eat more.

3. Stay Hydrated

It is so important to keep drinking water, as your brain and body interprets being thirsty as being hungry. Plus, if you do drink some water, it fills you up slightly, meaning that you eat less.

4. Get enough sleep.

If you are not getting enough sleep, you feel hungrier. Lack of sleep also means that you are less likely to want to get out and move, hindering your weight loss regime even more.

5. Move more

Find an exercise that you love. Adults should aim for 150 minutes of moderate or 75 minutes of vigorous exercise per week. But remember to start slowly and work up to this. A great thing to do is increase your walking steps a day to 10,000. Even standing more during the day is a good idea. If you work at a desk stand up for a few minutes every hour and walk around the office or workplace.

Take the stairs rather than use the lift or escalator. Park further away from your office or store.. Get off the bus a stop earlier

Anything that makes you slightly out of breath such as gardening, washing the car or taking the dog for a walk is a good thing. (Don't have a dog? Offer to take the neighbour's!)

6. Eat a Good Breakfast

A good breakfast should have some protein and fibre, so think scrambled eggs, brown toast with peanut butter and zero fat yogurt with fresh fruit.

This is more likely to keep you satisfied for longer as it releases energy more slowly than a sugary cereal.

7. Only Eat when you are Hungry

Ask yourself when you go to the cupboard, "How hungry am I on a scale of 1 to 10?"

If you are less than 5, you are not hungry really, so you do not need to eat, and should step away from the cookie jar! Reflect on why you are seeking food for comfort. Have a glass of water as you may just be thirsty. Think of another way to ease your stress, boredom or sadness.

Have a bath. Phone a friend. Go for a walk. Listen to some soothing music.

If you are at 8,9 or 10, you may overeat. Never go shopping or out for a meal if you are as hungry as this, as you are bound to make bad choices.

So aim to feel only slightly hungry when you decide to eat.

8. Eat more Slowly

Eating more slowly, chewing your food at least 20 times and putting your knife and fork down between every mouthful can really help you to rediscover where your hunger stop signal is.

Try and savour the food consciously rather than eating mindlessly.

Never eat whilst watching TV or reading a book, as you consume more if your mind is distracted from the action of eating. You will also enjoy your food more.

9. Allow Yourself to Cheat - Occasionally

Think of it as the 80:20 principle. You have to be good for 80% of the time, but you can have that chocolate, ice cream or pudding. Life is for living, and sometimes gets in the way.

Let it go. Don't beat yourself up about it, draw a line under it, and start again.

10. Celebrate your small victories

Celebrate the non scale victories such as getting into a smaller clothes size, dropping inches or doing your goals in exercise.

Give yourself a little non-food treat such as a new shower gel or lipstick that reminds you of how far you have come.

You are doing a great job. Well done!

