



# On the right track

Leaving Christmas festivities and indulgence in the past, many people will be focusing on getting in shape and taking control of their weight.

With so many weight loss options available, it's difficult to know where to start. You may have tried every diet under the sun and even joined several fitness clubs. Perhaps, after a few weeks, you have lost some of your weight but inevitably it always goes back on.

Motivation Weight Management works to stop this cycle, concentrating on weight loss with a view to long-term weight maintenance. The team has the following tips to reassure clients and them on the right track.

1. Try to refer to weight management as your life long project versus a battle or a struggle. You are a very important project and worth working on.
2. Strive for control not a cure.
3. Never quit! If you never quit on your weight control efforts again, you will never have to restart.
4. If you have lost weight and restarted your healthy eating plan still below your highest weight, you have been successful.
5. Learn from your mistakes and slips and improve on the reasons that led to your weight regain.
6. Don't criticise yourself! More healthy positive thoughts produce more healthy positive actions.

So this year don't just make a New Year's resolution, make a New Life resolution.

For more private advice, contact **Motivation Weight Management** at Clinic Galway on 091-480160 or visit [www.motivation.ie](http://www.motivation.ie).

