

10 Effective Weight Loss Strategies

Presented by

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Introduction

This document is the class notes for the Effective Weight Loss Strategies Seminar, summarizing key points of the program. Remember that sometimes a relatively small adjustment in thought or behavior can make a world of difference.

There is not a lot of detail in these notes, rather they outline ideas you encountered during class.

It is suggested that when you decide to implement a particular strategy that you should write it down on a post-it note and put it on your mirror or somewhere else where it will act as a reminder. You could also put it in a journal.

Do feel free to connect if you have any questions , including learning more about how we can work together one to one as I am very interested in your success! The telephone number here is (732) 714-7040 or use the contact form at <https://www.njhypno.com>

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Life Enhancement Hypnosis**

Key Points and Strategies

- 1) **Reasons for eating.** We often eat because we are bored, lonely, anxious, sad, socializing, the time of day and occasionally because we are hungry! Real hunger (the need to eat in order to sustain life and health) is actually quite rare. This “I want” phenomena explains why a person will reach for food an hour after their main meal.
- 2) **Eating zones and times.** Two common triggers for eating for reasons other than true hunger are place and time. Consider limiting the places in your home or workplace where you permit eating. If you have a problem with snacking at night or any other time of day, consider scheduling the *two hour fast* where you are only allowed water or other non-caloric beverages at the time you were snacking in the evening.
- 3) **Procrastination toward exercise.** Engaging in regular physical activity is essential since modern conveniences have rendered most of us less active than people were in days gone by. If you catch yourself trying to put off exercising, reduce your goal to 30 seconds and *get started* as this is something you cannot fail at. Most likely you will do more since the biggest obstacle for most is getting started. At the very least you are chipping away at the habit of procrastination. Commit to this 30 second daily minimum.
- 4) **Increasing water consumption-** If you are not in the habit of adequate hydration, keep a shot glass near your kitchen sink and have a quick drink every time you pass by. Getting a more attractive water bottle can also help.
- 5) **Alter the goal.** If you have tried to reach a weight of say 150 pounds a number of times without success, your subconscious mind may associate that number with failure. Consider moving the target slightly to say 149 or 151.
- 6) **Percentages rather than pounds.** If someone wishes to reduce by 20 pounds and have only dropped 5 so far, it can seem discouraging. However in percentages that works out to 25% of the goal accomplished, which is far more encouraging. Also, experience shows that focusing on fitness and healthy habits is more effective than obsessing on what the scale says. Consider limiting your weigh ins to once a week or every two weeks.
- 7) **Examine the reward system.** Many weight loss plans accidently or possibly on purpose make food the reward system for complying with the program. See how that is a bit contradictory? You may want to explore what else you can reward yourself with in your daily life. What else do you have to look forward to other than overindulgence in food or drink?

- 8) **Controlling stress.** Emotional stress and trauma creates negative changes in the body, including increasing the storage of unhealthy abdominal fat due to elevated cortisol levels. For some weight management clients, stress may have to be addressed as well. Connect with me if you have any questions. Also, make sure you get adequate amounts of sleep.
- 9) **Managing setbacks.** Expecting to be completely perfect in your eating and exercise habits only sets you up to failure and discouragement. A key skill is learning how to manage your setbacks so you get back on track more quickly. If you backed your car into a telephone pole, would you then smash in your front bumper on purpose? That would seem silly. Punishing yourself with more unhealthy behavior because you made a mistake is equally ridiculous. Observe, correct and keep going! Also, eating right about 80% of the time is a reasonable goal, you don't have to be perfect.
- 10) **Reinforce a positive mindset.** Just like physical fitness, a positive mindset does not just occur on its own. Your body has real responses to what you are habitually thinking and imagining. This is the basis of the famed placebo response. Using your self-hypnosis cue, affirmation cards or other reinforcement method will greatly enhance your success.