

Mastering the motivation to lose weight. Practical tips

(Read the full article at <https://nutriadmin.com/blog/motivation-to-lose-weight/>)

Remove or reduce instant gratification sources

- Excessive social media use, including Youtube
- Excessive video games or smartphone use
- Adult content online
- Sugary and ultra-processed foods
- News
- Caffeine
- Excessive TV
- Alcohol, smoking and drugs

Incorporate habits that build willpower

- Ensure you get top quality sleep every night
- Incorporate daily meditation in your routine
- Add daily stretching to your day
- Add walking, cycling, or other low-intensity activities to your habits
- Engage in strenuous physical activity 2-3 times a week
- Write your goals and review them regularly
- Get an accountability partner
- Eliminate procrastination from your work
- Read books for long, uninterrupted periods of time
- Learn to cope with stress with sustainable strategies

Avoid hunger at all costs

- Increase protein intake
- Increase fiber intake
- Add more nutrient-dense foods like vegetables to your diet
- Remove empty calories, like sugary drinks and ultra-processed food
- Consider judicious use of tea and coffee (unsweetened)

Tools and learning

- Track your food intake with a food diary
- Read regularly on fitness and nutrition topics
- Keep track of your adherence to your daily habits with an app or notebook
- Adapt your strategy as you learn more
- Measure what works and what doesn't for you. Learn from your experiences