

Getting Into The Right Mindset

by Christy Bahan, RD LD

It's important to be in the right mindset when starting a weight loss journey. A lot of people are ready to lose weight, but they aren't really ready to change their habits. As FWSW alumni mentor Frank Murphy has mentioned at the FWSW orientations: If you are planning to load up on high calorie, high fat, high sugar junk foods leading up to week one - you are not in the right mindset!

What are the 25 participants choosing to do over the next 15 weeks?

- **Exercise!**
Sixty workouts with personal trainers/group exercise instructors, 30 sessions with running coaches leading up to participating in a 1/2 marathon! In addition, possibly another 90 additional workouts on their own - all while NOT smoking!
- **Nutrition “Boot-Camp”!** (*as Rick calls it*)
Following a strict “back-to-basics” meal plan that includes prepping & journaling all foods & beverages consumed. All participants have agreed not to consume *any* soda!
- **Behavior Change!**
Working through the mental & emotional side of losing weight with the help of a Behaviorist.
- Simply put: **Showing up & giving their all!**

The goal is to *choose* to make *changes* to daily *habits* & *repeat* these changes *consistently* until they are *automatic*. While this is a weight loss contest, founders Rick & Tina are hoping participants embrace these choices as a lifestyle change. They not only came up with the rules, they live them! If you are sitting on the couch, thinking about making a change, but are not sure how to go about it, here are some tips to get you into the right mindset:

1) Assess your readiness to change. Here's a nice article on it:

<http://www.webmd.com/fitness-exercise/six-steps-that-can-change-your-life?page=1>

2) Make a plan, starting with a SMART goal:

https://en.wikipedia.org/wiki/SMART_criteria

3) Get Support!

Family & friends can be your cheerleaders, lift you up when you are struggling, & can help you stay accountable. If need be, seek out a mental health professional!

Founders Rick & Tina hope that you will not only follow along with these 25 participants' journeys, but will be inspired to make some positive changes in your own life!

Bring on Season 10!

Renew Redo Restart

Next Week: Meal Plan Basics