



## **Week Eight**

This week, we'll delve into the importance of setting achievable weight loss goals and how they pave the way for sustainable success.

# **The Pitfalls of Unrealistic Expectations**

## **1. Frustration and Disappointment:**

Setting lofty weight loss goals, such as shedding a significant amount of weight in a short timeframe, often leads to frustration and disappointment when results don't materialize as expected. This can erode motivation and derail progress.

## **2. Unsustainable Practices:**

Desperation to achieve unrealistic goals may drive individuals toward extreme diets, excessive exercise regimens, or even unhealthy weight loss supplements. These practices are not only unsustainable but also pose risks to health and wellbeing.

## **3. Yo-Yo Dieting:**

Rapid weight loss followed by equally rapid regain—known as yo-yo dieting—can be a consequence of unrealistic goals. This cycle not only undermines physical health but also contributes to a negative cycle of self-esteem and body image.

On the flip side, setting realistic weight loss goals offers a myriad of benefits that lay the foundation for sustainable success:

## **1. Motivation and Consistency:**

Realistic goals provide a clear target to work towards, keeping motivation levels high and encouraging consistent effort over time. Achieving smaller milestones along the way serves as positive reinforcement, fuelling further progress.

## **2. Sustainable Lifestyle Changes:**

Realistic goals are aligned with sustainable lifestyle changes rather than quick fixes. They promote gradual progress through healthy eating habits, regular exercise, and other positive behaviours that can be maintained long-term.

## **3. Focus on Health and Wellbeing:**

Rather than solely focusing on the number on the scale, realistic goals prioritize overall health and wellbeing. This includes factors such as improved energy levels, better sleep, enhanced mood, and reduced risk of chronic diseases.

## Tips for Setting Realistic Weight Loss Goals

Here are some practical tips for setting realistic weight loss goals:

### 1. Be Specific and Measurable:

Define your goals in concrete terms, such as losing a certain number of pounds per week or fitting into a specific clothing size. This makes them easier to track and evaluate progress.

### 2. Break it Down:

Divide your ultimate goal into smaller, manageable milestones. Celebrate each achievement along the way, no matter how small, to stay motivated and focused.

### 3. Focus on Behavior Changes:

Instead of solely fixating on outcomes, concentrate on adopting healthy behaviors that support your weight loss journey. This could include cooking more meals at home, increasing physical activity, or practicing mindful eating.

### 4. Seek Support:

Enlist the support of friends, family, or a professional such as a registered dietitian or personal trainer. Having a support system can make all the difference in staying accountable and motivated.