

Diets don't work

Worrying about our weight seems to be a natural daily pastime for every woman I have ever met, and a lot of men seem to worry too.

This is how it goes; 'On Monday I am going to start dieting', 'after Christmas or New Year I am going to start a diet', 'before I go on holiday I will lose weight', 'after my holiday I will lose the weight I gained on holiday' and so on and so on, over the years like an old record....Yes, that old chestnut "I AM GOING ON A DIET".

So what's it all about? So we think we can feel happier and healthier, look younger and feel sexier if we are slimmer? Yes, of course we do. But diets just don't work do they? Try a new diet and you WILL lose weight, then get back to normal eating and the weight piles back on again, motivation is all lost and we are back to square one. What happened? The clever body has said, just in case you starve me again, store some extra fat; clever body's metabolism is lowered and then we put back on what we lost, with a little bit extra for assurance.

There is only one way to lose weight and that is to eat less and put out more and yes if you figure that I mean putting out more is in the physical sexual way, why not? But I do mean use more energy than you normally would. If you fill your car up with petrol and drive it hard and fast it uses up the fuel quicker. Our bodies are designed to move, so if we just eat and don't use the fuel of course we will gain weight. I was once a Rosemary Conley instructor and just hated that moment when in the long queue of women waiting to be weighed would come the lady that either hadn't lost weight in the week, or had even gained...the tears, the disappointment, the loss of energy and motivation was often so apparent! For many women, life, hormone levels, kids, families and lifestyles all have a bearing on the way disappointment is handled and weight losses and gains. We are all different emotionally and physically but our bodies do respond to one condition and that is; put it in and work it out, in other words eat the food and then use it up in energy.

Eat healthily; here in Spain we have plenty of fresh fruits and vegetables available. If you regularly walk the dog then try walking farther and with some weights in your pockets. Leave the car and walk somewhere at least once a week; go to a class; do something you've never done before and get some inspiration that takes your mind off food. Use smaller plates, this is my BEST tip; change your usual dinner plate for a smaller one therefore, smaller portions. Don't set goals; you just set yourself up for failure! Just enjoy being and feeling healthier. If you are over 65, don't worry about a little extra weight, providing you are not dangerously overweight. The new exercise regimen will keep it down anyway. Especially ladies being stick thin when older, accentuates wrinkles and isn't good for the bones.

So, **forget the diet and live.** Use your body for what it was designed for...**movement** and then notice the difference in your health, vitality and the way you look and feel.

For more information about losing weight the natural way, check out WeighLess4Life courses at Tara Casa.

Vivienne Wharton