

5 Action Steps to Kickstart Weight Loss

1

Adjust your mindset

START FROM A PLACE OF POSITIVITY

Never judge your body for what it doesn't look like or what it can't do. Be grateful for all your body is capable of doing right now. And know that you can love yourself and your body, while working to become healthier at the same time. Throughout your weight loss journey, always give yourself love and grace.

2

Assess where you're at

AND GET CLEAR ON YOUR GOALS

Without judgement towards yourself, determine where you are now, where you want to go, and why. Take note of what foods you are eating and what you are doing for exercise. Write down your short and long-term goals and how you feel about them. Are you overwhelmed? Excited? What is motivating you to make a change? What barriers do you anticipate, and how can you overcome them?

3

Find ways to "add in"

FOCUS ON ADDING IN WHAT YOU NEED

Instead of fixating on what foods you "can't" have, start adding in things you need! For example, add fruits and vegetables to your meals, add fun exercise to your day, and add water to the table during meal times.

4

Keep what serves you

TOSS WHAT DOESN'T

Build a positive support system that lifts you up. This can include unfollowing Instagram accounts that send negative messages. Also, focus on spending more time with the people who lift you up, and less on those who judge or comment on your food choices. You can even find some friends to go to an exercise class with or go walking with.

5

Get professional support

FOR THE BEST & SAFEST RESULTS

The safest and most effective route to weight loss includes getting help from a professional. It is so difficult to know what information on the internet is legitimate. A Registered Dietitian can help you to know how much weight is appropriate to lose, how fast you should lose it, how to go about it safely, and how to have long-term success maintaining a healthy weight.

CREATED BY MEGAN RASMUSSEN MS, RDN

Are you ready to lose the weight for good? Email me at nutritionundefined@gmail.com to set up a free consultation to see if you are the right fit for my one-on-one nutrition coaching program for weight loss!