

News / Lifestyle / Health / Make these 3 attitude changes to ease your weight loss journey





Make these 3 attitude changes to ease your weight loss journey

Changing your attitude towards weight loss can definitely lead to positive outcomes. Setbacks and struggles are normal during your weight loss journey, but a positive mindset can ease the pathway.

Written by **Saumya Rastogi**
New Delhi | Updated: October 6, 2023 00:33 IST

NewsGuard


 Follow Us



Weight loss takes time, so be patient and stay committed to your goals. (Source: Freepik)

Listen to this article

 00:00 1x 1.5x 1.8x

If you're looking to **lose weight**, there are certain changes you need to make in your diet and overall routine to help you shed those extra kilos. But one thing we often forget is the attitude with which we begin this journey of self-improvement and fitness. The right attitude can make a huge difference.

Changing your attitude towards **weight loss** can definitely lead to positive outcomes. Setbacks and struggles are normal during your weight loss journey, but a positive mindset can ease the pathway. So, recently, nutritionist Rujuta Diwekar took to Instagram to share three attitude changes we must make during our weight loss and fitness journey to make it “healthy and happy”.

First, the nutritionist said that if one meal gets messed up, don't mess up the whole diet. “Stop being angry and disappointed on yourself. You don't need to give up your diet for the entire day just because one meal went wrong. You can get on track with your next meal. That's the only way to repair things. (sic)”

Next, she pointed out that one should stop following the all-or-nothing rule for exercise. “Even if you are unable to do a full **60-minute exercise**, it does not mean you don't exercise at all. We think that 20 to 30 minutes of exercise is of no use. This attitude prevents us from losing weight. So, next time, keep in mind that it doesn't matter how long you exercise. The best workout is the one that gets done.”

Additionally, Diwekar recommends never asking anyone else how you are looking physically because if they give a negative response, you will feel demotivated.

“Remember, this is a journey and not a destination, so support yourself, be loving and forgiving on this journey to achieve good health!” she said.

Check out her post below:



Concurring with the above, Ruchika Jain, chief clinical nutritionist, Fortis Hospital, Vasant Kunj said that individuals need to have a strong mind to continue their **weight loss journey**. “It doesn't matter how many obstacles you have. If you have made up your mind, you will be able to do it. You can practice yoga to keep your mind concentrated.”

She added that once you have started the journey, checking your weight every day is not helpful as it will demoralise you. “Instead, measure it on a weekly basis at the same time every week to feel a significant weight loss.”

In a similar vein, Fareesa Fatima, senior clinical nutritionist, Fernandez Hospital noted that to prevent **yo-yo diets** or fleeting goals, target gradual weight loss rather than aiming to lose a lot of weight in a very short period of time.

Agreeing, Dr Latha Sashi, chief nutritionist & head, clinical nutrition & dietetics, Fernandez Hospital suggests setting realistic goals. “Initially, target a decrease of 10 percent weight of your present weight.”



Target gradual weight loss rather than aiming to lose a lot of weight in a very short period of time. (Source: Freepik)

Apart from this, the experts recommended to avoid **skipping meals** and follow a regular eating pattern. “Most people think that weight loss means eating less, which is not true. The food that you eat, enjoy it to the fullest and relish it slowly. Since you are changing your habit of eating, you must be mindful of what you eat,” Jain said.

It is important to note that a weight loss journey is not to make you weigh less, but instead helps you find inner happiness. “Weight loss takes time, so be patient and stay committed to your goals. Consult a registered dietitian to help you achieve your weight loss goals in a healthy and sustainable way,” Fatima concluded.