

# 6 EASY STEPS

## FOR A SUCCESSFUL WEIGHT LOSS PLAN



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## SET REALISTIC GOALS

**Planning creates the best path to success.**

Setting realistic weight loss goals, and creating a roadmap of how life will be when healthy habits have been adopted drastically contributes to long-term success. Rapid weight loss methods or crash diets often lead to short-term results followed by weight regain called the “Yo-Yo Effect”. It's important to understand that healthy weight loss is a gradual process!

In setting achievable goals, its helpful to consider factors such as current health condition, current weight, and body mass. Losing 5-10% of your body weight is a realistic goal that can have significant health benefits. This gradual approach allows your body to adapt to the changes and increases the likelihood of maintaining your weight loss in the long run.

Don't try and set unreachable goals for yourself. Take the time to think what plans and components might be best for my personality and health profile. If you have never gotten up at 6 am, its better not to set an alarm that you are going to get to the gym by 6 a.m. That just sets you up for failure. Rather think what can I do? What level of exercise am I able to do? If it's using a stationary bike in your house for 10 minutes a day or jumping on your rebounder, then that's where you can start.





## BE RESPONSIBLE TO YOUR HEALTH PROFILE



### Check with your doctor and honor your health condition.

There are many diet programs, nutrition products, support groups, pills, exercise programs, alternative medicine, injections, laser, cold therapies, medicines, and surgeries dedicated to achieving weight loss and effecting body image, so its important to remember a weight loss solution is highly individual.

Before embarking on your program of choice, you should check with your medical doctor especially if you have a condition which could be affected by any kind of weight loss or if you are 50+. It is particularly difficult on the body to lose excessive amounts of weight quickly, and a fast loss of wieght is not recommended in medical or mainstream weight loss practices.

It's essential to consult with healthcare professionals, such as registered dietitians or doctors, complementary alternative or Integrative practitioners, health coach, weight loss specialist, to create a personalized plan that suits your specific needs and health conditions. Professionals can provide guidance on appropriate calorie intake, exercise recommendations, and monitor your progress to ensure safe and effective weight loss occurs.

## CREATE YOUR VISION

### See yourself living your new life at your ideal weight.

Your weight loss journey should include the vision of changing certain aspects of your lifestyle for the better while feeling a tinge of excitement about the changes to come. You will plan to lose a certain amount of weight by a certain time using various systems of weight loss support, after which you intend to have gained the resources to maintain a lifestyle that keeps you within a healthy weight range.

You don't have to rush to be skinny. You just need to be consistent, and you will arrive. You will always keep your goal in mind. When you meet milestones, you celebrate with activities that you enjoy which don't center around food. You learn how to incorporate moderation in eating and some type of movement practice in your life.

## USE THE "SMART GOAL" GOAL SETTING SYSTEM

### Plan Smart and you won't be disappointed.

By using the business goal setting strategy called " SMART" GOALS " can help you in setting your goals and projecting your desired outcome.



#### Be Specific

Clearly define your weight loss goal. For Example Instead of saying "I want to lose weight," specify the amount of weight you aim to lose, such as "I want to lose 100 pounds."



#### Make it Measurable

Break down your overall weight loss goal into smaller, measurable milestones. For example, you could aim to lose 1-2 pounds per week or 4-8 pounds per month. You can get on the scale twice a week to measure your progress so that you don't feel so overwhelmed if the needle doesn't move right away. This makes the goal more manageable and helps you track your progress.



#### Set Realistic Targets

It's important to set achievable goals that consider your individual circumstances, such as your current weight, overall health, and lifestyle. Rapid weight loss can be challenging to sustain and may have negative health consequences. Aim for a healthy and sustainable rate of weight loss, which is typically 1-2 pounds per week.

## 6 Easy steps for a successful weight loss Plan



### Consider Timeframes

Determine a realistic timeframe for achieving your weight loss goal. Losing 100 pounds may take several months or even a year, depending on your starting weight and rate of weight loss. Set intermediate deadlines or milestones to stay motivated and track your progress along the way.



### Focus on Behavior Changes

Instead of solely focusing on the number on the scale, set goals related to adopting healthy behaviors. Examples include incorporating regular exercise into your routine, consuming a balanced diet, reducing portion sizes, or practicing mindful eating. These behavior-based goals can contribute to sustainable weight loss and overall well-being.



### Celebrate Non-Scale Victories

Plan that you will recognize and celebrate achievements beyond the number on the scale. Non-scale victories could be improvements in energy levels, clothing size, physical fitness, or overall well-being. Acknowledging these achievements can boost motivation and help you stay committed to your weight loss journey.





## DESIGN A PROGRAM

### In planning, remember these things:

Figure out your best weight goal by checking health guidelines on the proper weight range for your height, biological gender, and age.



## HYPNOSIS -TAP THE POWER OF THE SUBCONSCIOUS MIND

**Hypnosis assists your mind and will power to make the changes that lead to your ideal weight.**

Hypnosis is a state sometimes described as a meditative state where the brain enters alpha or delta wavelength frequency levels creating hyper awareness in the mental state, and an openness to positive suggestibility. It can be used to facilitate behavior changes that the client is seeking by setting the clients intention for change into the sub-conscious.

Self hypnosis is a viable option to fill your subconscious with affirmative thoughts about the new you! Using a clinical hypnotherapist can be even more powerful because then the client can fully relax the conscious mind and focus on absorbing the positive suggestions.

A Clinical Hypnotherapist guides the individual into the realm of the subconscious where images and thoughts to are used guide the person into a new experience and behavior, then later during their conscious day living, they begin to choose to make the changes aligned with their intention. If there are any emotional triggers around the weight loss process hypnosis is a very good option to resolve them quickly and easily.





## CONCLUSION



### **You are worth it. You can do it .. Go for it!**

Understanding weight loss involves recognizing the importance of a healthy weight for overall health, comprehending that it involves commitment to calorie balancing, and setting realistic goals to achieve sustainable results.

By striving towards a healthy weight, you can reduce the risk of developing chronic diseases, improve your physical well-being, and enhance your overall quality of life. Remember, consulting with healthcare professionals, registered dietitians, hypnotists, or health coaches, can provide you personalized guidance and support to help you on your weight loss journey. Don't be afraid to get the help you need to help you on your way.



## ABOUT THE AUTHOR



***Cynthia O'Donnell***

### **A Life by design is the life to Live!**

Cynthia O'Donnell A.P., C.H. at Quantum Health360 , Acupuncture Physician ( Florida State licensed for over 25 years) and Certified Clinical Hypnotherapist, provides the widely successful 5 Session "Virtual Gastric Band" Hypnosis Package for weight loss where consumption cravings are drastically reduced, weight loss is attained, and new lifestyle changes are achieved. Connect here to schedule: [cynthiaodonnell.com](http://cynthiaodonnell.com).