

VGB Success Tips # 2

8. Write down your Reasons for still Wanting to Lose Weight

Here are a few examples that people often say:

- To save my life;
- To feel confident enough to meet new people;
- To wear a swimsuit at the beach;
- To be able to play with my kids;
- To look in a mirror and feel proud again.

9. Identify your Strengths & Weaknesses as well as any Obstacles and then find Solutions. (Refer to Success Tips #1 – Items 5 & 6 on Head Hunger)

- What are your **strengths** and how can you use them to advantage?
- What are your **weaknesses & any obstacles**?
- What **solutions** can you put in place?

Strengths might be: time available, being persistent, having good support.

A Weakness might be: boredom, or liking cakes.

An Obstacle might be: a friend who always offers you cakes.

A Solution could be: asking your friend to go for a short walk with you, instead of offering cake.

10. Reward small Successes

Reward yourself for small goals reached – (eg: a movie, facial or massage for each 2kg lost).

11. What will you Sacrifice to Succeed?

It could be a TV show, time spent on Facebook or games, a favourite food, or some comfort.

12. To Speed up your Metabolic Rate ...

- Ingest more of the following: **Oatmeal; Green tea; Hot peppers** (Cayenne & Jalapeno); **Low-fat Dairy; High fibre foods** (beans, fruit {especially Apples, Pears & Grapefruit}, vegetables {especially Broccoli}, whole grains); **Nuts** (especially Almonds); **Curry; & lean Meats.**
NB: *If you are on medication, check with your doctor before eating **grapefruit** as it can interact with medication.*
- Do more strength based exercise to increase your lean body mass.

13. Restaurants & Special Days

At restaurants, have an entree instead of a main course!! At birthdays, only have a **SMALL** piece of cake! And only have a ½ glass of wine, or one liquor with a diet mixer.

14. And if you Lose Weight too Slowly ...

- Ask your Doctor to have your Thyroid checked, because it can affect your metabolic rate.
- Possibly, you might simply need to eat more of the foods that promote a faster metabolism ... or
- We might need to review what you are doing every day.

15. Call or Text PHIP every week, if you don't see him in person !!

“If Sitting is the new Smoking, what Activities am I “Value-Adding”?

Remember, my Gastric Band is still doing most of the work for me!