



STEP  
**04**

# YOUR FIRST 5 STEPS TO WEIGHT LOSS



*How we get our clients to  
lose their first 10 pounds...*

[www.emfitnessnutrition.com](http://www.emfitnessnutrition.com)

# STEP 4

## MINDSET

In the first 5 stages we could have placed the importance of 'mindset' higher, even as high as stage 1. The deeper a person gets into their journey the more they learn how important their mindset is.

Over the years people create certain habits, these habits may have resulted in leaving you both physically and mentally unhappy today. There may have been an accumulation of unwanted body fat due to a poor relationship with food and drink and a lack of movement and exercise. It's difficult to remove these habits and we must begin the process of creating new and improved habits for long term success in relation to reaching our goals.

Unfortunately, a lot of people let themselves get to the stage where health is the reason they've decided to change (diabetes, cholesterol, heart disease, blood pressure, anxiety, stress, insomnia etc). Another reason is that they've let their body get out of control (to the point where they really aren't happy with how they look).

You may have been led to believe that a quick and strict restrictive diet is the answer. But, in most cases if a diet is too strict and you cannot envisage yourself eating and training etc. that way for months and years into the future, old habits will creep back in and with that the weight you lost will be put back on.

The good news is you can enjoy life, eat the food you like, have a social life and get long term sustainable results! The idea of good nutrition is not to make you unhappy, but to improve the overall quality of your life.

Please understand that we have been doing what we do for years now at EM, and we have helped 100s of people live a happier and healthier life, addressing each individuals mindset has been vitally important.

There will be a percentage of you who are reading this article, who are a little way off making the change yet. You will think that your way will work, and it might take a few attempts for you to realise that it won't. We use two words to describe clients that we work with, fixed and open mindset. The fixed mindset is the type of person who doesn't see past their own views and opinions. The open mindset is the type of

person who is open to new information. They accept that there could be areas that they don't know a lot about, and they are open to change.

## Progress will change your mindset

An area we cover at great length is progress. If you want to improve your self-confidence or develop more motivation, you need to see changes. This means you must commit yourself to your programme for at least the first 5 – 7 weeks. If you start with the intention of going at it half hearted, you won't see enough results that will impact your level of motivation.

We can tell someone's level of commitment the minute they start talking. Their tone of voice and the words they use, will tell us if they're going to do well in their first 5 – 7 weeks.

Please take a moment to read the following four points. If you can address each one of these, you have the very best chance of doing well. These are key reasons why people struggle to achieve results, especially within the first 5 – 7 weeks (this is the crucial time).

- 1. The emotional or physical pain that people are experiencing from being overweight and out of shape, just isn't enough for them to do anything about it.** What we mean by this, is that most people haven't reached a point where being out of shape or unhealthy is dramatically affecting their life.
- 2. The reward isn't enough for you.** By this we mean that you haven't connected the link between being in great shape and the health benefits that it brings. If you start a training programme just because you think you need to, you'll soon see yourself falling off the wagon. The reward for some people may be winning an event, or simply getting to a shape that they've never been before. If you have no clear goal to achieve, you'll never receive a reward.
- 3. There's no space in your life for change.** Most people say they want to get started, but there's no time for them to add in the work that's needed to change. Part of change is accommodating it, and moving things out of the

way to make space. One trick is to write down everything you do every day. You then place each thing in priority order. You will always focus on the things that matter to you. If you place getting in shape lower down, you will never achieve it.

- 4. The people you spend most of your time with are in the same shape as you, this puts you in a comfort zone.** You need to challenge yourself by spending time with more people who are in shape. Success breeds success is a great saying. If you surround yourself with people who are doing well at something, it rubs off on you. Take this example, we have a female client who starts training. She starts to drop body fat and her body shape quickly starts to change. After a couple of months her husband calls and wants to get started. When they were both out of shape, they got settled into their comfort zone. Now she's in shape, he wants the same. Being in shape is infectious!

Hopefully you can now see how important mindset is when it comes to getting in shape. First you decide that you want to change, then acknowledge why you want to change. You then look at all the factors in your life, that could slow down your chances of being successful. Before you start any journey, you need to be clear that it's something you want to achieve. You need to try and visualise the many benefits, that being in shape and being healthier can bring to your life.

We hope you found stage 4 helpful.