



DIETING TIPS

How To Get It Right

Take a different approach to dieting

I'll start tomorrow!

How many times have you said this to yourself? If you're anything like me, it's too many to count. Don't worry, there is a way to achieve a healthy balance AND have more energy – without dieting, guilt or depriving yourself!

Here are 5 tips that will give you the best start.

1. Ditch the diet.

Calorie crashes lead to long-term weight gain. Yes, they're a short-term fix to a few extra pounds. But it's biology (not willpower) that has the biggest say in your wellbeing longer term.

2. Shift the focus away from your weight.

What if you were to shift your focus away from your weight and instead towards your lifestyle? You'd eat the cake. But you'd take the stairs. Look for patterns to change – not food to rule out. Small tweaks every day = big change a year from now.

3. Listen to your body.

Your body is nothing short of amazing. It also knows what's good for you. And if you listen in closely, it will let you know. Pay close attention.

4. Carve out (and protect) pockets of 'me time'.

Juggling like a crazy lady? Allocating responsibility elsewhere is probably overdue. And you never know, it may even be welcomed.

5. Enjoy food with family and friends.

Health isn't merely an absence of illness. It's physical, mental, social and spiritual wellbeing. Enjoying food with family and friends is just as important for your health as the nutrients it provides.

To work *with* your body and make wise lifestyle choices visit: www.nutritioninthemind.com

Elena Rayner-Melnikova is Public Health Nutritionist in the U.K. with a passion for psychology and neuroscience. Nutrition in the Mind is where she blends evidence from these fields with her mission to help yo-yo dieters find lasting change. By bringing awareness to *why* we eat and how the brain works, Elena's work in the world inspires time-starved mums to keep off the pounds and find more energy – without dieting, guilt or depriving themselves.

*The information provided is not a substitute for medical care. If you have, or suspect you have, a health problem, you should always consult with a licensed healthcare professional.