Taste is important too

What is the point if you don’t enjoy it? This is your new lifestyle and you need to own it.

I tried to “diet” on many occasions in the past. I always wondered why it failed every time.

I would eat boiled eggs, plain chicken with side salads and lots of vegetables. The mistake I made was that it was NOT sustainable. I was not happy meaning it was only going to end in failure right?

I made a list of food that I enjoy eating, I cut out food that could not be compromised with. I still had two pages of ingredients that could be used as part of a fat loss weight plan. I felt satisfied after every meal, I felt happy knowing that I consumed a delicious meal with no regrets.

Training my appetite

My body was so used to such large portion sizes. My first objective was to make myself feel content with the food on my plate.

I created a healthy meal plan and I cut the meal size in half and yes what you’re thinking is correct. I was still hungry! I continued with this for the first month and by the end of it my body was happy with the amount it was receiving.

When I started eating the regular sized portions again according to the plan, I was so full I had food leftover! I wasn’t hungry for seconds, I wasn’t picking at food throughout the day.

I started my journey when my appearance hit me so hard that I chose to avoid looking in a mirror wherever I could. I stopped caring about my clothing because I felt like I couldn’t pull anything off no matter how nice.

It was my decisions that put me in that position, into that body .With poor eating habits and lack of portion control and zero exercise I had only myself to blame. I decided that it was time for change, time to bring back that lost confidence.

Why EWFW?

We’re all fighting our own battles and most of the time we fight alone.

A non-profit organisation helping you through your inner struggles with dropping those extra pounds that have put the downer on your past few weeks, months or years.

I see you when you walked into a clothing store and felt the struggle of finding your size in the perfect dress or a pair of jeans. I see you when you pick up the label and see that the piece only goes up to a size 14.

**Rollercoaster of emotions**

Not seeing results appear straight away can be quite stressful for all of us. Patience is key through this process, hard work never goes to waste and unless there are underlying medical conditions, you’ll always see results. You might not see it when you look in the mirror, it might not be noticed by your family or your friends but a few weeks down the line where your jeans start to become a little loose and t-shirts are no longer tight fit, there you have it. When you look back at your picture from the beginning and look at yourself in the mirror now, you’ll be gobsmacked at the difference.

You’ll have your off days when you put a few pounds on the scale and you thought you really tried hard but remember its not just the weight of the food you carry, its your water, your muscle, your bones. You may still be carrying some water from the night before and that’s okay. That does not mean you are a failure. It’s okay to feel like this but it’s all a part of the process and good things always take time.

**Notice the changes around you**

I’ve come to a point now where I see the change in people with the way they speak to me. I used to think it was good but I started to question as to why it took for me to change the way I look for people to be nice. I researched and researched about this feeling and the sore reality was that it’s true, people are more likely to be more successful in life, in their career if they are physically attractive. As your body starts to change you’ll feel this too, you’ll find a change in your confidence and how easy you find it to talk to people.

Don’t change who you are because of the way you look, don’t give people the control to treat you differently according to how you look. Educate them that looks don’t define who you are and you are still the same person.

**Handling the relapse**

At some point during your journey, you might start to feel down watching everyone else around you eating without having to think, you might have a moment where you feel like giving up but this is where you need to believe in yourself, remember the end goal and keep yourself focused on other things, maybe take up a hobby? Relapses often come when we are bored or sick, and in many cases for women would be their time of the month. It’s okay to treat yourself on these occasions but within reason and that’s all you need to remember to succeed.

A way to avoid a relapse would be to give yourself a cheat day every week. Anything you’ve craved during the week, you will save to indulge in on cheat day. You wont ever feel like you’re missing out, rather focusing on eating healthy to receive the reward of a luxurious meal at the end of the week. Don’t miss a cheat day if you feel like its not needed, it not only puts you at risk of a relapse but your body needs a shock once in a while with a little fat in order to increase your metabolism.