# **Mind over fatter: 10 top tips and techniques to keep motivated this January**

STRUGGLING to stay motivated when it comes to those new year resolutions?

By [James Moore](http://www.dailystar.co.uk/search/James+Moore) / Published 18th January 2017

Figures show that by this stage of January a third of Brits are already having trouble sticking to their vows to get fitter, lose weight and get healthy.

So just how do you stay on track? Here we reveal 10 top tips and techniques.

### **Take a selfie**

Taking a daily snap of yourself to chart progress could be the key to weight loss.

One 31-year-old woman, [Justine McCabe lost nine stone](http://www.dailystar.co.uk/diet-fitness/522043/How-to-lose-belly-fat-woman-transformation-selfie-challenge) this way.

A study from the University of Alicante in Spain found taking regular selfies makes dieters more likely to reach their target weight.

Researcher Rizo Baeza says: “What patients want is a photo rather than cold numbers.”

This app could help [see your progress.](http://www.seeyourprogress.com/)

### **Ramp up the tunes**

A fifth of us use music to motivate ourselves when exercising and research by Brunel University shows that doing so can boost endurance by 15%.

But don’t just listen to any old music.

Try synchronising the music tempo to your workout pace.

A University of Toronto study found people get better results when the beat of the music matches their pace.

### **Goal for it**

[Super-fit telly star Lucy Mecklenburgh](http://www.dailystar.co.uk/showbiz/576768/Lucy-Mecklenburgh-TOWIE-naked-Ellesse), 25, says: “For me, it’s all about goals, so a short-term goal might be a party or a holiday that you want to feel great for.”

Research by psychologist Richard Wiseman found that to reach a big goal successfully, it’s best to

break it down into smaller subgoals.”

**Hit the scales**

Follow the example of Kim Kardashian.

The reality TV star weighs herself every day and after a study into the habit researcher Elina Helander from Tampere University concluded: “The more often you weigh yourself, the more weight you lose.”

In a different study, from the Annals of Behavior Medicine, participants who weighed themselves every day lost about 12lb over two years, while those who weighed themselves every week lost only 6lb.

### **Get a pal**

*I’m a Celebrity*’s [Scarlett Moffatt](http://www.dailystar.co.uk/showbiz/575769/scarlett-moffatt-weight-loss-fitness-dvd), 26, reckons working out with boyfriend Luke Crodden at the gym helped her slim down by three stone.

And science backs up the idea that it’s better to workout alongside someone else.

An Indiana University study found people who paired up in the gym were less likely to drop out.

Even a pooch can help.

Research shows that people who exercise with their pet are more likely to stick to routines.

### **Keep a food diary**

Start writing down everything you eat.

A study conducted by the Kaiser Permanente’s Center for Health Research showed people who kept a food journal lost twice as much weight as those who didn’t.

### **Booze clever**

Trying to complete Dry January?

Don’t worry if you fall off the waggon occasionally.

A report in the journal Health Psychology revealed that even those who attempted Dry January but didn’t give up entirely were still likely to be drinking less six months on.

Another tip to cut down includes avoiding rounds.

### **Make it fun**

TV star Khloe Kardashian, 32, says: “The trick to staying motivated is to find what you really love to do.”

She’s right.

A German study found when people think they’re having fun when exercising they’re more likely to stick with the programme, while US research found that people who enjoyed their chosen exercise ate less afterwards.

Exercising outdoors could be a good idea, according to a study by the University of California, which found that it tended to make people workout longer.

**Seek help**

Want to give up smoking?

You’re four times more likely to give up for good using stop smoking medicine and getting support from your local [NHS Stop Smoking Service](https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines) than going cold turkey.

Support could also help you fight the flab.

A US study showed that dieters who joined [WeightWatchers](https://www.weightwatchers.com/uk/) lost, on average, seven times more weight than those who dieted alone.

### **Don’t over do it**

Each of us only has so much willpower, says Roy Baumeister, a professor of psychology at Florida State University in Tallahassee, who advises against making several resolutions at once.

And keeping your motivations simple can be key.

For example, Prince Harry’s girlfriend Meghan Markle, 35, says: “Sometimes the idea of working out sounds absolutely dreadful but I always remind myself of how good it will feel afterwards.”IR

**What’s good for you…**

Weekend workouts:

A new study by the University of Loughborough found that so called “weekend warriors” get almost as much benefit when it comes to lowering their risk of dying than those who exercise much more.

Having a row:

Fancy getting the musclebound body of a lean rower and helping raise money to beat cancer too?

Enter the Great Row, a new indoor rowing challenge.

You’ll even get free entry to David Lloyd Clubs each Friday in March.

To download a training plan and fundraising pack, visit: [Cancerresearchuk.org/TheGreatRow](http://www.cancerresearchuk.org/support-us/find-an-event/charity-challenges/the-great-row)

Spicy ready meals:

Sainsbury’s is stocking a new range of low calorie, low fat, ready meals called Fit Kitchen, high in protein, vitamins and fibre.

It includes Pad Thai Chicken with Zest Sauce, Middle Eastern Grilled Chicken, Malaysian Grilled Chicken and Kung Pao Chicken.

**What’s bad for you…**

Yo-yo dieting:

A new US study has found that going on a crash diet to lose that flab could be a bad idea.

The research suggested that in some groups it was associated with a three-and-a-half times higher risk of sudden death from a heart attack.

Red meat binge:

Men who eat too much red meat could be at risk of developing the serous inflammatory bowel condition, diverticulitis.

Those who ate six servings a week were 58% more likely to get it than those who had one or two.

Wooly thinking:

A new report shows that three people a day in Britain die from asthma and sadly the cold weather can trigger attacks.

Yet something as simple as going out in a scarf could save a sufferer’s life.

Wearing one loosely over the nose and mouth warms the potentially fatal air, say experts.