

The Ultimate Guide

HOW TO GET THE BODY YOU WANT GUIDE:

Avoid These Six Weight-Loss Mistakes



The Wellness Edge
AUSTRALIA

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



Congratulations!

Thank you for checking out “How to Get the Body You Want”.

This is not advice about yet another diet. Or, advice about an exercise regime.

It’s about the secret to creating the body you want...for good!

This guide is about building a strong base to help you get the body you want and keep it.

This means starting with building a strong mind...the body will follow.

This guide is designed to coach you through the six-weight loss mistakes most people make...and how to beat them!

Research shows that 95% of the thoughts, feelings and actions you do every day are habitual.

What does this mean for you?

To put it simply, if you want to transform not only your body but your overall health, you need to change those habits that are deeply ingrained.

What’s also included?

The guide is packed with valuable information that you can start utilising straight away.

I really want to help you get more of what you desire in life and ultimately create more of what you love. So, for best results send any questions to jen@wellnessedge.com.au.

I'd love to hear from you!

I’m so happy to share this guide with you.

Let’s get into it!

XO



WHAT'S INCLUDED IN THIS GUIDE?

MISTAKE 1: WILLPOWER IS ALL YOU NEED	4
MISTAKE 2: STOPPING OLD PATTERNS BUT NOT CREATING NEW ONES	6
MISTAKE 3: YOU DON'T HAVE GOOD REASONS TO CHANGE	8
MISTAKE 4: NOT UNDERSTANDING THE TRIGGERS CAUSING THE HABIT	10
MISTAKE 5: UNAWARE OF THE NEED THEY ARE FULFILLING	12
MISTAKE 6: TRYING TO DO IT ON YOUR OWN	14

MISTAKE 1: Willpower is all you need

For sustainable weight loss, you need to understand willpower.

Willpower is affected by emotional and physical factors. The problem is willpower is like a muscle and will get fatigued if you overuse it.

You only have a certain amount of willpower each day. The more you restrict what your body needs the more willpower you use up until there is none left.



For example...You've started on yet another diet.

You have restricted your calorie intake, no alcohol, no carbs, no coffee and definitely no sugar. It seems to be going pretty well...and you've lost 10 kg really fast!

Then that piece of chocolate cake or that glass of wine seems to be calling to you..."eat me"..."drink me"!

You resist again and again but eventually you crumble. Then, instead of only having one piece of cake or one glass of wine, you have 3 pieces of cake or the whole bottle of wine!

Sound familiar?

You'll find that willpower alone can only work in the short term, it is not sustainable long term.

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



But, what's the solution?

Instead depriving your body...listen to it. Your body has an innate intelligence...it knows what it needs.

If you eat enough nutritious whole foods, you won't crave the processed food you usually cave in for. Ensure you eat enough fat and protein at each meal to fill you up. This will prevent your blood sugar levels spiking and keep you feeling fuller for longer.

Also, I want you to be aware of why you eat...a lot of us (including myself a lot in the past) eat for reasons other than hunger.

Ask yourself:

- What are you feeling at that moment? Is disguising that feeling with food going to help in the long run?
- Take note of when you eat...are you really hungry?
- When you're eating are you conscious of what you're eating? Or do you eat mindlessly and inhale your food?

This is a fundamental step in this process...it is really important for achieving permanent weight loss. It's time to do something different so you can get radically better results!

MISTAKE 2: Stopping old patterns but not creating new ones

It's not a matter of just stopping your unhealthy habits, you need to replace them with healthy habits.

The classic example is when people stop smoking.

This unhealthy habit can be hard to kick for many different reasons.



I generally see 3 things happen -

1. People quit for a while but they start smoking again at some point

OR

2. They replace smoking with eating. But this ends up become an unhealthy habit because they overeat and put on heaps of weight

OR

3. People quit smoking and replace it with a new healthy habit like cycling, walking, reading, rock climbing...the list goes on

One of the reasons people start smoking again is because they haven't replaced it with a healthy habit...a habit that will allow them to create a higher level of health and happiness.

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



What habit would you like to break?

To break your habits, you need to move in the right direction...

What is your new healthy habit?

To help you progress and stay motivated you need to take consistent action.

What is the very next, smallest action you can take?

The secret to creating permanent change is to replace your bad health habits with actions that help you lose weight and create better health.

Find something you enjoy...something that is fun...something that helps you connect to your family or friends.

Be sure to send your answers through to jen@wellnessedge.com.au ... I would love to hear from you. 😊

MISTAKE 3: You don't have good reasons to change

Losing weight isn't hard...anyone can lose weight.

The hard part is keeping it off!

Research shows that most people are able to lose weight but struggle

to maintain a healthy weight...why is that? It's because you don't have good enough reasons why you want to/need to change. Maybe your reasons are not your own...your doctor said you had to or you want to please others.

Unfortunately, you're on a slippery slope and very quickly you slip back into your old ways.

Even 50% of the contestants on the TV show The Biggest Loser put the weight back on! After all they went through...they still slipped back into their old habits.

So, you may be asking...how can I get better results?

I know for me; I've set goals in the past that weren't my own in an attempt to fulfil an external expectation. But all that does is set you up for failure.



How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



You do this by asking the right questions...WHY?

- WHY is it important for me to lose weight?
- WHY do I want a healthy lifestyle?
- WHY do I need to change now?

Be sure to send your answers through to jen@wellnessedge.com.au ... I really want to hear from you!

MISTAKE 4: Not understanding the triggers causing the habit

There are many different things that can trigger you to repeat your behavior to become a habit. These can include both external and internal triggers.



External triggers can include:

- Your environment
 - This can influence your choices and development of a habit...like a stressful job could lead to you drinking or eating to feel calmer and more relaxed.
- The people around you
- You're the average of the 5 people you spend the most time with...something to think about

Internal triggers can include:

- Beliefs
- Thought patterns
- Behavioural patterns

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



Are you aware of the things that are influencing your bad health habits? The problem you may be facing is...how can you possibly change your habits if you're not even aware of what's causing them?

If you truly desire to break the habits - take the time to find out the truth...

Ask yourself the following questions:

- 1.What or who in my life is causing me to stay stuck in this habit?
- 2.What beliefs do I have that may be triggering that habit?
- 3.What repetitive thoughts or behaviours may I not have been aware of?

Great work!

By answering these questions, you're starting to create awareness of the obstacles in your path.

MISTAKE 5: Unaware of the needs your habits are fulfilling

Whether you realise it or not... your habits are fulfilling your needs.

The fact is, everything you do in life is to fulfil a need. Your habits are fulfilling a need/feeling that you are 'attached to'.



If you'd like some more information to help you [check out Tony Robbins' 6 human needs](#).

Ask yourself....What needs are you trying to fulfil with these habits?

You may have certain habits that cause you to feel good in the moment but they leave you feeling bad.

I've seen it many times...people using food or alcohol to try and stop feeling a certain way...it's a way of numbing their feelings. But then afterwards they feel guilty or ashamed.

Despite feeling this way, they can't seem to break the cycle and they continue to repeat the behaviour.

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



Sound familiar???

So, ask yourself....

- What feeling am I trying to distract myself from?
- Would it be possible to find other ways to fulfil these needs by replacing it something else that will serve you better?

To answer these questions, you need to be willing to shine a light on the source of the habits with raw honesty. Understandably these questions can be hard to answer...you are worth finding the answers to help free yourself from the grip they have on you.

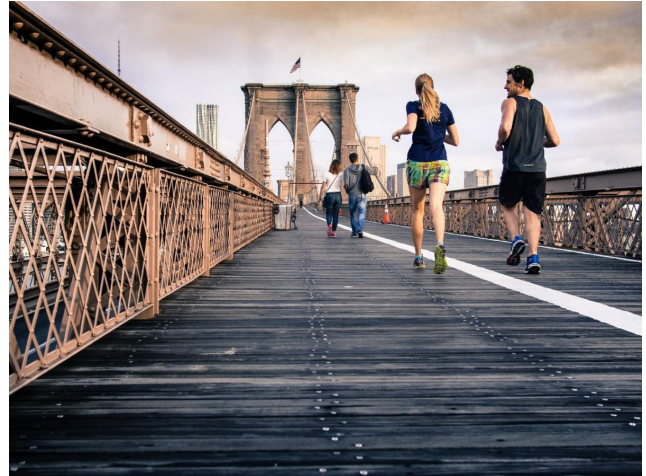
Not many people do this much work on themselves EVER!

So, I'd like to acknowledge your amazing effort!

MISTAKE 6: Trying to do it on your own

There's a great quote that has stuck with me—

*“If you want to go fast, go alone.
If you want to go far, go together.”
– African Proverb*



Going it alone and thinking you don't need a support system is a sure fire way to failure. Ultimately, without support most people will fall back into poor health habits and put the weight back on.

We all know that the best athletes in the world have coaches (Tiger Woods has four!). They understand that to get the absolute best results they need people who have their back. It's the same for your health!

So, get support from someone who isn't attached to the situation...I recommend a coach ;)

- It helps to have someone outside the situation to provide a different perspective
- I've had clients tell me it can feel like nagging if their partner or friend is trying to keep them on track. This can create negative emotions around the situation and even sabotage your progress

How to Get the Body You Want: Avoid These 6 Weight Loss Mistakes



A coach can see things you can't because they're not living it every day, a coach is not there to be your friend. They care about you yes, but they are there to ask you the tough questions and will do whatever it takes to help you get long lasting results.

If you start to shine a light on the core of the problems you'll start to think differently, make better decisions and take more purposeful action towards the body and health you want.

And congratulations again for answering the questions! As I've said before, it's rare for people to do this work on themselves, so you're one of the few.

If you start to shine a light on the core of the problems you'll start to think differently, make better decisions and take more purposeful action towards the body and health you want.

And congratulations again for answering the questions! As I've said before, it's rare for people to do this work on themselves, so you're one of the few.

If you still need help to get started, I'd like to offer you an exclusive opportunity.

To offer you a Complimentary Wellness Visioning Call with me, Jen Edge, a wellness coach whose been helping people live healthier and happier lives for over 20 years.

Email me now at jen@wellnessedge.com.au to receive this exclusive offer...I have limited spots open each month. So, if you'd like to fast track your results...don't wait.

Get in quick because once they're gone, they're gone!