BEING HEALTHY VS. LOSING WEIGHT

"Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day." – **Mark Twain**

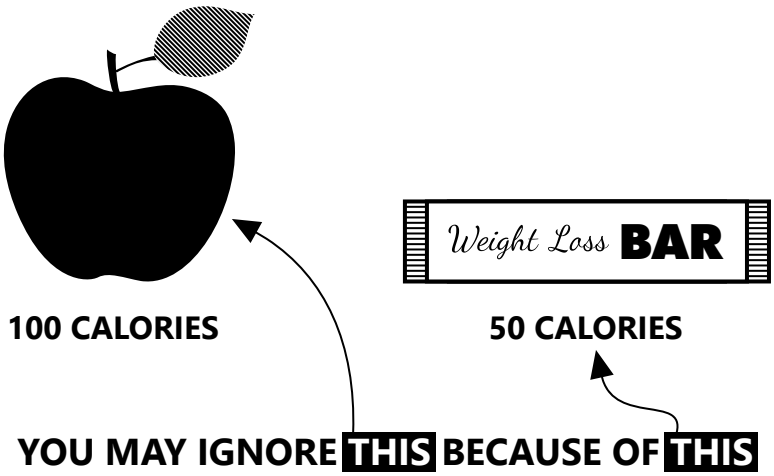
Express It

SPEAK IT

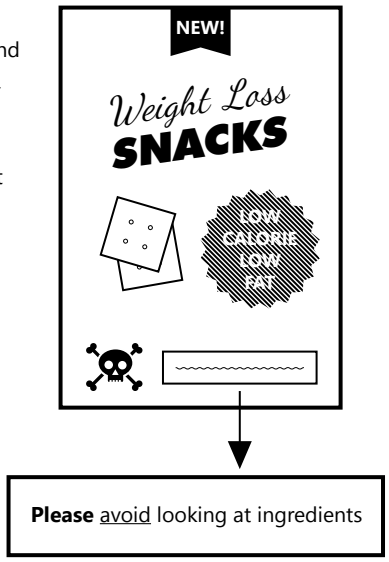
Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.

What, Why, and How

- You understand that although the mindsets of being healthy and losing weight may *seem* similar, they are ***very*** different, because each one has a unique influence on what's valued and considered important, and ultimately can affect your decision-making process in *very* different ways:
    - **A mindset that focuses on losing weight** makes it very possible to overlook or ignore important long-term healthy options and habits because they don't *specifically* target weight loss - it makes it easier to choose a 50-calorie snack instead of a nutritious 100-calorie apple simply based on calorie count (see graphic). **A mindset that focuses on being healthy** would likely lead to the opposite choice.
    - **A mindset that focuses on losing weight** makes it easy to eat less or even skip meals in an effort to shrink the number on a scale, *not even considering or caring* whether or not doing so would be a good approach for overall health (which often times it's not). **A mindset that focuses on being healthy** would never allow the eating of less or skipping of meals if it had a negative effect on long-term health.



    - **A mindset that focuses on losing weight** makes it easy to be persuaded to eat low-fat and low-calorie foods simply because of their promise of weight loss, *giving little to no attention* to their (often poor) nutritional value or the (often negative) effect they have on overall health. **A mindset that focuses on being healthy** considers *overall health* and well-being above everything else - *there's never a sacrifice of health for the sake of losing pounds*.
    - **A mindset that focuses on losing weight** is very limited in scope - it puts a considerable amount of focus and energy on just *one factor* of good health - a healthy weight, making it easier to neglect other factors that are of equal, or even greater importance. **A mindset that focuses on being healthy** puts attention and energy on *everything* related to achieving good health - good sleep habits, good breathing habits, skills for preparing and eating more fresh fruits and vegetables, ways to drink more water, and a higher awareness of what you consume (physically and mentally) and to what eliminate from your life.
- Regularly saying something like *'I've got to lose weight'* or, *'I've got 8 weeks to lose 20 pounds'* is a mindset that feeds the belief that an occasional drastic adjustment to your waistline is an acceptable and smart way to live a healthy life. In reality, it's often nothing more than a temporary fix that causes more long-term problems than it solves. **You don't do it!** What you need to do is *be healthy all the time*!
- Instead of telling people how much weight you've lost or you're going to lose, you point the 'spotlight' on what's really important - telling them *how fantastic you* ***feel, sleep, move, breathe, think***, and what you're specifically doing to *improve your overall health to make those things possible*.
- When something is promoted as a great way to lose weight, it may be a true statement - it may be a great way to lose weight. But that doesn't mean it's a great way to achieve good health (see graphic):
    - **Low calorie** can often mean **high processing**
    - **Low fat** can often mean **high salt and sugar**
    - **'Light'** foods can often be **heavy in unhealthy additives and chemicals**



TEACH IT

- In your own words, explain the difference between the mindsets of *being healthy* vs. *losing weight*, as if you're teaching a good friend why they need to focus on being healthy instead of losing weight.