

Random thoughts, revelations, etc. regarding my Slimming World journey – part 1
(July 2009)

There's bound to be another part somewhere down the line – hence the part 1 bit. But I thought I'd use this page (and any that come after it) as a jotting down pad of various bits and pieces that have happened, thoughts that have crossed my mind, that don't necessarily warrant a whole page of their own.

I think I may finally have made the swing from being on a “diet” to following a “lifestyle”. My old, bad regular foods, do not tempt me as much, eating free foods, and healthy extras is practically second nature now. I don't tell myself “Ohhh one won't hurt” any more when looking at cakes, and chocolate, etc. Though have been known to have a Roses chocolate or two in the office when on offer – but know when to stop as well now.

Buying new clothes every few months is starting to get expensive. But the good thing is – before long I won't have to do it mail order. I can already buy work shirts on the high street, and it will not be long before I'm able to buy trousers and jeans from high street stores too – and that's just going to be brilliant. Though I did recently wander into the menswear department of a local department store – and felt lost.

I can find my sternum now, and feel my rib bones. If I look down I can most of my feet. I can bend over and do my laces up.

Walking to town on a Saturday is second nature. And walking to shops is to. Just got to get into the habit now of coming home and walking to shops rather than stopping on way home. I even walk to weigh-in (and normally by some long-winded route) when I'm at home on a Monday (which is not often enough in my opinion).

Planning is everything (most the time). If you can plan ahead then there's no reason to step off the food plan at any time. But plans change – but with a bit of thought, it's easy to turn that change of plan into a good thing. Planning a red day but caught out at a café at lunch with no real red day options – turn the day into extra easy and make the balance there – may have to recalculate other meals/syns for the day – but the day isn't a loss.

Exercise is addictive. Just the feeling of achievement of walking from AtoB is never enough for me, and I find myself craving it more. It may not seemingly be doing much for my weight losses – but my fitness level right now is wonderful compared to what it used to be, and I'm even contemplating ways of increasing my exercise levels (including buying a bike).

Breaking the journey down into stages has been a great help. I'm not looking at a 12st8.5lb loss, I'm only looking at reaching XXstone by such and such a date (in fact though at time of writing – I've already met that target – 3 weeks early and currently 4lb below it), but as with planning, be ready to revise. After hitting that target, I'm aiming at having lost a total 8stone loss by the same date. One Weigh-In to go and 1.5lbs to have lost for that – should be easy. But it's a great help. I'm not overwhelmed by that big 12stone8lb number, but instead those little steps have just

been adding up. 8stone aimed for at next Weigh in and next target after that is 8st6 – 2/3rds (roughly) of the total 12stone I want to take off in the first instance.

Other people can be amazed at my journey and get curious but it's important to remain focused on why you are doing it and that's for yourself. It's important to remember that I can say that I don't want to discuss it if people are asking about my losses (and gains) and I should only talk about it when I'm happy to do so.

Sometimes things come along and slip me up – and make it that I'm not totally on plan. So what. I enjoy the food and get back on plan as soon as possible – the next meal preferably – if not then the next day – no excuses.

Vegetables taste brilliant – but it's important to vary them from time to time.

Staying to group is essential. Chat and find out what others are doing, paying attention in image therapy is a wonderful way of picking up new tips and learning where I may be going wrong.

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