

“Over the winter my family hasn’t had a great diet and I have put on a bit of weight. I find it hard to stick to a diet, what can I do to stay motivated?”

Donna, Tauranga.

Siobhan says... keeping track of your weight can help you stay motivated

Spring is here, the days are getting longer and we are all looking forward to summer. This is a good time to get motivated to lose weight. There are lots of approaches to weight loss, but essentially they all involve becoming more active, and eating a healthier diet. The trick is to maintain your motivation and the changes you make towards a healthier diet. Positive changes rather than ‘dieting’ will help avoid the yo-yo effects that diets can have.

Keeping a track of your weight can be tricky, but is helpful to keep the pounds off. It doesn’t matter what sort of weighing scales you use, as long as you use the same one each time, since it is the change in weight that is important. Weekly weighing is best, at around the same time of day each time, the scales should be on a hard and even surface, not on a carpet or rug. Often, the kitchen or bathroom is best if it has a tiled floor.

Think about whether you want to keep your weight record private or whether sharing progress with friends or family would help give you extra motivation. You can record your weight in a private diary or calendar, on your mobile phone, computer or on a weight record chart.

A realistic goal for weight loss is about 0.5 to 1 Kg per week. Attempting to lose more than 1 kg a week is unlikely to be successful and is often difficult to achieve and maintain.