**Do you often feel that trying to lose weight is more than you can cope with? Does it feel like a huge mountain to climb and you don’t know where to start? Would some pointers along the way help you?**

**Try this.**

**My special FIVE POINTERS TO SUCCESS**

**1) Gradual weightloss works**

Think in months, not just in weeks – it is so true that gradual works. Do not try to lose more than a couple of pounds a week, it will add up. Two pounds a week is nearly one stone in just two months. That is a lot of weight in anyone’s book – and you are more likely to keep it off if you go slow and gradual.

**2) Think in a week not in a day**

I hope you are measuring what you eat, you need to if you are going to lose weight. In whatever way you are choosing to measure and record your food intake, sticking to rigid daily limits does not always work. Try this instead. Work out how much you will eat to reach a goal over a week rather than trying to stick to very rigid daily targets. That way you can fit in meals out and celebrations without feeling guilty, or feeling you have lost everything and then giving up.

**3) Take out more calories than you put in and you will lose weight**

That means exercise – if you are not in the habit of exercise start with a daily walk and check how many calories you are using, then perhaps add a swim or a cycle. You will be using calories, but even more important, the exercise will speed your metabolism and you will feel so much better.

**4) Tape measure as well as weighing scales will help your weightloss**

Measure yourself around the waist as well as weighing yourself on the scales. The reason for this is muscle weighs more than fat so if you are exercising a lot you may be getting leaner at a faster rate than you think! And lean is what you are aiming for on your weightloss journey.

**5) Set your individual milestones along your weightloss path**

You can’t achieve everything in one go, so take things steadily and have interim goals along the way. Treat yourself when you have reached a significant goal – if you can get into a smaller dress size then buy a dress.

So there are your Five Pointers – happy weightloss and see you soon for more tips and tools to make you slim and healthy.