

Over the 18 years that I have been in the Health and Fitness industry the structure of what is needed to create Weight Loss results has not changed very much.

Having a clear purpose on what you want to achieve is important. When I quiz people on their goals, most peoples response is "I want to lose a bit of weight".

The likelihood of achieving a goal improves when we really define the goal and even more importantly the real reason we are trying to achieve that goal, the list of potentially life changing positives we will experience. We need to decide right now how important those goals are to us, are these things worth having, will my life really change if I lost weight?How will it change? Build the picture in your mind and keep it there, like a movie you can keep playing in your mind where you are the star.