

# 10 Mind Hacks to Lose Weight Without Exercise

## 1. Use a small dark blue plate

Obviously the smaller the plate the less you can put on it, but why blue? Because food is not blue. Our minds do not associate this colour with food and so it is a **natural appetite suppressant**. Always eat at the table and leave a little on your plate after each meal. Wait 20 minutes before going back for seconds.

## 2. Set move-towards goals

Most people are so focused on avoiding what they don't want they forget about they do want. As a rule, whatever you think about, grows. So, write down at least **5 things that you 'will have'** when you are your ideal weight. Put this goals somewhere visible. Your bathroom mirror or the fridge would be a good place.

## 3. Don't think of the green cat

What happens when you try not to think about something?

You cannot not think about it without thinking about it. So, **instead of trying to not think of the chocolate cake in the fridge have a glass of water and focus on your move-towards goals.**

#### 4. Educate yourself

Watch documentaries like Food Matters, Hungry for Change, Fed Up, Food Choices, Fat sick & Nearly Dead. **Stop looking for the latest and greatest weight loss fad. It doesn't exist.** Stop relying on so-called experts or fancy network marketing trends. Just educate yourself and use your common sense. There is no quick fix, it will take time.

#### 5. Plan and prepare your meals

With any goal, planning and preparation are keys to success. **Plan your meals at least 3-4 days in advance.** If you need to, write them down or put them in your calendar.

#### 6. Keep a food diary

Keep a record of what, when and how much you are eating. You must know where you are at to know where you are going.

#### 7. Screw up

Lets face it, you will screw up. You might eat rubbish, skip a meal, eat too much. Use your food diary to mark down when you screw up. Tally these up at the end of the week and work towards having less screw ups next week. Don't say "Well I screwed up I will start again next week" (and then eat 50 chocolate bars between now and then). **It's ok to screw up, it happens, just pick yourself up and keep going.**

### 8. Stop weighting yourself every day

Of the last 100 times you have weighed yourself how many have been a negative experience? **Healthy, fit, energetic people do not weight themselves every day.** The number on the scales is not your real goal. It is how you will feel when you have achieved it. Take your weight once a week and jot that in your food diary.

### 9. Stop outsourcing your health

**Stop spending money on fads, shakes or drugs.** None of these will address the lifestyle changes you need to make. Face it, as soon as you stop doing whatever it is, you put the weight back on! Use your common sense and continue to educate yourself around health.

### 10. Exercise will not make you skinny

You cannot exercise yourself skinny. **Although exercise is important it only equates to about 10% of the weight loss picture.** Focus more on what, how much and when you are eating. Going for a 30 minute walk every day or two is a good idea.

To make an appointment to lose weight with **Moving Minds Hypnotherapy** go to [www.movingmindshypnotherapy.com.au](http://www.movingmindshypnotherapy.com.au) or call 0422 741 041