

## Setting Achievable Weight-loss Goal

Want to lose weight? First you need to set some goals.

The first thing to address when you want to set some goals for losing weight is how to set goals that are achievable. Obviously, you should not set ridiculously easy goals. This will defeat the entire purpose of the goal-setting exercise. Similarly, you shouldn't set unrealistic goals. So, where do you start?

You need to begin with small goals, or sub-goals. If you have never exercised before, don't plan a three-hour gym regime. Instead, plan to walk around the neighborhood for about 20 minutes every day. If 20 minutes at a time is too much, two short walks of 10 minutes will do.

Similarly, your goal should not be to starve yourself, but to cut back on your fat intake. Small goals keep you motivated, because when you achieve them they mean progress. Your success also makes you keen to reach a larger goal.

Make your successive goals a little more ambitious than the preceding ones. After, say, a successful two-week program of 20-minute walks, you may want to embark on an a program of hour-long walks. And instead of just watching fat intake, you may want to begin cutting down your meal sizes.

Always keep the big picture in mind. Once you've got that big picture, the daily and intermediate goals that you set should all be geared to reaching it. For instance, you would make a commitment to jog or run every day, learn to cook and eat nutritious food, and pick up an activity that boosts your self-esteem and keeps your mind off food.

Always remember, the end goal is not as important as the path you take to get there. If, after a fortnight of walking and reduced fat intake, you do not lose the weight you wanted to, do not worry. Everybody's body is different. Stick to it and progress to hour-long walks. And what's more, reward yourself for your efforts with a facial or a weekend trip. Sticking to goals is half of the battle.