

# 10 Keys to Diet Success

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With so much diet information around, it's hard to know what to listen to and what to block out. Here are some tried and true strategies for keeping you focused on what really works to stay in shape.

## 1. **Eat and drink less calories**

Cutting back on the total calories you consume is clearly a winning strategy. Target high-calorie fatty and sugary foods first and cut back on alcohol. These dietary changes create the energy shortfall that helps you burn and reduce body fat.

## 2. **Burn more calories**

The more you move your body every day, the more energy you'll use up, thus creating an even greater energy shortfall. More daily movements, walking and some strength training, provide the best combination of activity.

## 3. **Manage your appetite**

Limit your portion sizes and avoid the habit of overeating. Choose foods that are filling and not fattening, like lean protein, salads and wholegrain cereals.

## 4. **Know your eating triggers**

Identifying the people, places or thoughts that trigger you to overeat or choose high calorie foods will allow you to plan alternatives and deal with situations that tend to trip you up.

## 5. **Monitor your progress**

Track changes to your diet and exercise routine to raise your awareness and keep you on the path to success. Successful slimmers keep food records, exercise diaries or simply a tally of workouts on their fridge.

## 6. **Build your support network**

Ask family, friends or workmates to encourage and support you. You might let yourself down, but it's harder to let a training buddy down.

## 7. **Get professional advice**

Use a weight loss advisor to share good information, tips and strategies to keep you focused and motivated. The best athletes have trainers and coaches, so consider one for your peak performance.

## 8. **Personalise your program**

As you progress, keep the diet strategies that work for you and ditch the ones that don't. The best diet rules develop out of habits that work well for you.

## 9. **Choose to lose the confusion**

Make it your policy to critically filter out the useless and distracting diet information you hear. Don't get mentally constipated by what others are doing. Get into shape your own way.

## 10. **Be flexible**

Allow yourself to have slip-ups and try not to let them become major set-backs. Lasting results come from a healthy attitude.

Use these 10 keys to diet success as a checklist to see what areas you can improve in and get better results.