

The Fine Line in Goal Setting

I sure wish I had a nickel for every time I have been asked if Gary's going to make it! All I know for sure is that he's working for all he's worth to get there, and what he has accomplished is a major feat even if he doesn't lose the full 100 pounds. Which brings me to the topic of this article. In my 20 years of teaching nutrition and exercise I have dealt with people who needed to lose 5 pounds, up to those striving to shed 100+. It has been my experience that when people feel overwhelmed, they tend to give up. I always suggest setting a goal of 10 pounds, not a certain number per week or month, just 10 pounds. Get there, then re-evaluate. Many will want to lose more, so set another 10 pound goal, even if they have to do this 10 times. Reaching these smaller shorter term goals is motivating, not overwhelming, and there is a sense of accomplishment even though they decide to keep going. There is a very fine line where the body says, "this feels ok", and maybe 5-10 pounds more is a constant struggle against nature. At that point acceptance is very important. So you were a size 8 in high school... 30 years later things change and maybe a 12 is more realistic. Life is too short to fight those last 5 or 10 pounds every single day. Time (and very little of it!) will tell if Gary's going to make it. Whatever the next week brings, I know the last year changed his life.