

Weight Loss Motivation--How To Win A Health Challenge

Weight loss motivation can be tough to come by. Especially in the morning. It's easy to come up with weight loss motivation at the end of a day when you've overeaten and you feel lousy. You be all full of resolve when you're stuffed. You know what I mean, don't you? You go to bed feeling all fat and overstuffed and you vow that you are finished overeating. You'll never binge or eat junk food again. You WILL get on that healthy eating program tomorrow! You WILL exercise. Then tomorrow comes, and all that weight loss motivation goes down the tubes. You forget your resolve. Food starts calling to you. Cookies and burgers beckon. The sofa, the bed, every soft chair--they all seem to issue special invitations just for you, luring you to their comfort, convincing you that the idea of going to a gym or going for a walk or getting on a treadmill or putting on an exercise DVD are all really dumb ideas. How can you get weight loss motivation that's so powerful it can overcome these barriers to your weight loss success? How can you find weight loss motivation in the middle of a busy, stressful day, especially when you're surrounded by tempting foods and all those manipulative cushiony seats? The best weight loss motivation comes from within, from a desire to feel great in your body and from a desire to move comfortably. It can also come from a desire to look good. And it can also come from some exterior reward ... like money. One of the best ways to come up with weight loss motivation is to enter some kind of weight loss or health challenge. When you create a competition with others, especially if you're in competition for a great prize, you can often create the motivation you need to succeed. You can get into a health or weight loss challenge in two ways. First, you can come up with a do-it-yourself challenge. Find friends or family members who want to lose weight or get in shape. Decided on an amount of money or some other reward (each should contribute equally), and put it all in a prize pot. If it's money, open a special account for the money and keep good records of who contributed what. Decide on the rules--how you'll determine the winner (by most weight lost, most fat lost, most inches lost, or most profound visual change (or a combination of all three)) and then create intention statements to make a record of your participation in the challenge. Set a date for the end of the challenge. A second way you can get into a weight loss or health challenge in order to get weight loss motivation is to find one sponsored by a health and wellness or a weight loss or fitness company. You can also sometimes find them sponsored by fitness magazines. Doing a search for weight loss contest or health challenge can often give you several options. Many business sponsored challenges require you to use their products. You'll want to enter these only if you feel confident in the quality of their products. There's nothing wrong with buying nutritional products to help you with a weight loss, especially if doing so makes you eligible to win prize money! Still, don't commit to one of these challenges and buy all those products unless you're serious about attempting to win the prize. Health challenges can be an excellent way to come up with that weight loss motivation you need to reach your health and fitness goals. There's nothing wrong with using the promise of money or a trip or some other prize as a way to find your weight loss motivation.

About the Author

Building Muscle 101 Helping beginner and advanced weight trainers build muscle. Free weight lifting routines, tips, menus, and nutritional.

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