

Published based on [8 Mistakes I Made While Trying to Lose Weight.](#)

8 Mistakes I Made While Trying to Lose Weight.

About five years ago I decided it was time to lose a few pounds. My [weight](#) went up and down as I tried diet and exercise programs. Nothing seemed to work, until six months ago when I enrolled in a workshop. It taught me to change my ideas about food. It also showed me what I had been doing wrong.

Here are the eight mistakes I made:

1. I started to skip breakfast

Skipping meals DOES NOT help you lose weight! Breakfast is a very important meal. If you start your day being hungry you are more likely to grab for junk food or eat too much. The calories you consume at breakfast will be burned throughout the day.

2. I would binge one day and not eat the next day to make up for the calories.

I would eat about 2000+ calories in a day, feel guilty, and then I would eat about 700 calories the following day. If you go without enough calories throughout the day you are much more likely to binge in the evenings. It works best to eat the most calories in the morning because this fuels your body for the day.

3. I bought diet food

When I went shopping I would always look for foods marked diet, or low-fat, healthy. I was buying these foods for the wrong reason, I bought them because in my mind it meant I could eat more. I totally disregarded the portion sizes. I wasted my money.

4. I had it in my head that I'd always be fat

You have to change your mindset if you want to lose some serious weight. Sometimes it feels like you're doing the right things and not getting any where. This is totally natural, you need to focus on feeling good about yourself, being happy and healthy and achieving your goals. Don't focus on the long term break your goals down into manageable sizes.

5. I ate salads as meals

Eating salad is a good way of keeping your calorie intake down right? Salad has much less calories than a pizza but does it satisfy your appetite? Your mind needs to get some satisfaction from what you eat. When I ate salads I would be hungry soon after and I would find myself back at the cupboard looking for more food. I learned that I was better off eating a balanced meal with more calories than simply eating a salad and snacking afterwards.

6. I started all my new diets on Mondays

When I found a new diet plan that I wanted to try I always started it on a Monday. This meant I would binge on junk all weekend like I was never going to eat again.

7. I was too embarrassed to go to the gym

Joining a gym was one of the hardest things I ever made myself do. I was always worried that people would be talking about me. I thought I was too fat to join. My advice is to join a gym! I look forward to going to my workout now. [Exercise](#) is key for weight loss.

8. I set my goals too high

Setting long term goals for yourself is great, but if they are too far off you won't feel successful. Break your goals into smaller, more reachable chunks. This will keep your motivation up. Set weekly, monthly and tri-monthly goals. When you reach one short term goal set another one.

Please learn from my mistakes. I have a totally different perspective on weight loss and it has really paid off. It is my goal now to help others with their weight loss.

See how [green tea purity](#) can help you lose a lot of weight without pain. For an easy, fast way to lose weight click on this link [green tea purity](#).

Check out this blog to learn about [weight loss](#)!

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