

7 WEIGHT LOSS TIPS FOR COUPLES

essential tips to lose weight

It is always best to lose weight and get into great shape with a partner. They can help motivate and keep on track. Also with the same goals in mind you can keep from giving up easily and celebrate each others successes. Here are some tips for couples who want to lose weight together.



KNOW FOOD

Become an expert in what good nutritious food is. Get a scale and weigh your food. Then track what you eat in a fitness tracker program. This is probably the most important thing you will do. Planning your meals can jump start your weight loss.



START SLOW

Remember you did not put all of this weight on in a couple of months so don't expect to take it off quickly. In order to make a life long change ease into your new routine and start to make it a habit. Increase your efforts as success grows.



SHARE THE LOAD

There will be shopping, food prep, support, and clean up. Share the load and help out, it makes things go quicker and you get a lot of time to spend together.



TELL OTHERS ABOUT YOUR GOALS

Nothing can sabotage your work faster than family, friends, and co-workers who don't understand your goals. They will constantly barrage you with negative comments, offer you tempting treats, or tell you to give up. Tell them what you are doing, and if they wont help, you may have to ignore them for a while.



DON'T BE SO STRICT

If you go cold turkey (pun intended) and cut out every bad food you eat, you will lose the desire for life long change. Restrict foods slowly and naturally you will want to eat better more often.



LIKE HOW YOU MOVE

I would not recommend that you spend lots of money on a gym membership if you hate the gym. Find some form of exercise you like to do. Exercise is necessary but only in addition to a good diet.



DON'T COMPETE

This is not a competition. Men generally lose weight faster in the beginning. So encourage one another. When morale is low offer to talk. And if you have a desire to stray from the path, help nudge your partner back to the right road.