

S T A N T O L E R

Minute
Motivators
for
Weight Loss



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MINUTE MOTIVATORS FOR WEIGHT LOSS

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Introduction

Man does not live by celery alone!

Food alone doesn't make a diet. Right food choices are just one part of a successful diet plan. The other ingredients include direction, determination, and discernment. Dieting isn't just about what goes into your mouth. It's also about what goes into your mind.

Minute Motivators for Weight Loss will be your friend as you make wise decisions about your lifestyle, good choices about your future, and a careful evaluation of yourself.

Written with a "lite" touch, this book will enlarge your spirit as you reduce your calories.

Stan Toler

Dieting is a lifelong journey.



Tough diets never last,
but tough dieters do.

—Mark Hollingsworth

CHOICES

A diet doesn't last for two weeks or two months. It isn't just about getting into that new dress or that new pair of pants for your twenty-fifth high school reunion. You know, the one where you'll meet those classmates you envisioned as being tiny as a twig—only to discover they've added a few “rings around the trunk” as well!

You're on a diet your whole life. Every bite you take is part of your daily diet—your necessary intake of food. So the diet you choose has to be one that will last—one that will keep you healthy for the long haul. Dieting is a series of daily choices that ultimately will be measured by how much you weigh and, in some cases, how long you live. What you decide about your dietary *options* today will directly affect your dietary *requirements* five, ten, or twenty years from now. In other words, brownies today, bulges tomorrow!

Don't try to cram a lifetime of good eating into one month. Choose eating habits that will last as long as you do.

Consult a doctor before you diet.



My doctor has advised me to
give up those intimate little
dinners for four, unless, of
course, there are three other
people eating with me.

—Orson Welles

CAUTION

Don't jump on the fad-diet bandwagon. Man does not live by celery alone! Horror stories abound of fad dieters who have harmed their bodies—or lost their lives—by ignoring their need for a holistic approach to losing weight.

A little boy was asked what he would do when he got big like his daddy. He quickly replied, “Stop eating jelly donuts!” Common sense is just as important as carbohydrates. You don't have to give up reasoning just because you gave up coconut cream pie. Caution is in order. You've heard the expression, “Don't try this at home.” It just may be that home isn't the best place to start a diet. Maybe it should be started at the doctor's office. Start with a professional opinion about weight loss, not the advice on page one of the inquiring-mind magazines at the grocery checkout counter.

Get the whole-health view. Be sure that your body's need for nutrition will be met, even as you reduce your intake. In other words, proceed with caution.

Say no-no to yo-yo dieting.



No food tastes as good as the
food you eat when you're
cheating on a diet.

—Derl Keefer

STABILITY

If you have two sections in your closet marked “before” and “after,” then maybe it’s time to swear off yo-yo dieting. You know you can’t live on turtle toenails forever! Up-and-down dieting is bad for your body, worse for your spirit. Avoid the temptation to shed a few pounds quickly on a diet that you can’t sustain. Yo-yo dieting leads to frustration as you realize, “I always gain it right back.” Easy off leads to easy on.

Take the long view; think months, not days. “I’m in this for the long ‘overhaul.’” That late-night infomercial spokesperson with the simonized white teeth and the fifteen-inch waist may say she lost twenty pounds in two weeks, but she may not be talking about pounds. She might mean her basset hound ran away! Stability is key to successful dieting.

Adopt a plan that will meet your desire to be fit next year, not just your desire to look good next week. If you’re going to hide the Gummi bears, then burn that map to their den!

To diet means to “do it”!



A window of opportunity
won't open itself.

—David M. Vaughn

RESOLVE

Dieting is a fifty-fifty proposition: 50 percent *will* and 50 percent *won't*. It's like deciding not to drive the wrong way on a one-way street. You make an on-the-spot decision based on the fear that your new pearl necklace won't fit around a neck brace.

Not only does dieting require an act of the “won't,” it requires an act of the “will.” Don't be fooled by fad diets that promise results without effort. To change your diet means to change your way of life. And that will take some resolve. You'll have to decide to change the way you think about food, about comfort, about yourself.

Saying no to food will be the easy part. Saying yes to new attitudes, new disciplines, new life habits—that's the hard part. It's a *New You* resolution, not a New Year's resolution.

Getting started is a “will” thing. But just like putting on a Speedo in the fitting room of the department store and deciding whether to look in the mirror, sooner or later, you'll have to “just do it”!

Establish a desired weight goal.



Without a deadline, baby,
I wouldn't do nothing.

—Duke Ellington

GOALS

Dieting involves setting goals. Those goals will vary from individual to individual. Some set goals like losing enough weight so that when they tie their tennis shoes they don't need to have an oxygen tank handy. Others want to lose enough weight so that when they're driving a car, someone on the passenger side doesn't have to hold the seat belt.

Give yourself a target, and your diet is more likely to be successful. But dieting goals must be realistic. If everyone were a runway model, nobody would be left to applaud and take pictures. What is a reasonable weight for someone of your age, height, and body type? Is your goal reachable? Can you sustain that weight over the long term? What is your projected date to arrive at the goal? Find an appropriate goal and an appropriate time frame.

Setting a goal will give you something to work toward and a way to measure your success. And when you reach that goal, you won't have to wonder any longer whether or not your ankle socks are up!

Chart your progress.



What you get by reaching
your goals is not nearly
as important as what you
become by reaching them.

—Zig Ziglar

EVALUATION

Milestones are important in dieting. Charting the number of days since you sat in a darkened closet and ate a whole carton of butter pecan ice cream is important. Evaluating your progress helps you take a look at where you've been and helps you to see where you're going.

Goals must be realistic, and goals must be measurable. It's not very flattering when someone tells you you've lost a "ton of weight," but it's a great incentive to know in your mind that you've lost eight pounds. Note your progress in specific terms. You know how exciting it is to put those tiny ruler marks on the wall to see how your little Johnny or Mary has grown. Try it on yourself. Now that doesn't mean putting erasable pen marks on the refrigerator and standing between them; it simply means keeping a record of your progress in weight loss. When you get discouraged, it'll help to see how far you've come.

Don't get rattled by daily ups and downs. Focus on the total picture, your overall weight-loss goal.

Take one step at a time.



The giant oak is just an acorn
that held its ground.

—Mark Gilroy

PROGRESS

Rome wasn't built in a day. And weight loss doesn't happen overnight—unless you've donated your stomach to science while you're still living. Avoid the temptation to go for the “big drop.” Easy off leads to easy on. Nobody runs the last laps of the race first. Champion runners understand the importance of every single stride in their race to the finish tape.

“Why did your family switch churches?” a woman asked her little nephew.

He answered, “Well, Dad likes a formal church.”

“And what does he like about the formal church?” she continued.

The boy replied, “I dunno, I think he likes the lethargy.”

Unlike liturgy (which is what the little boy really meant), lethargy is not a good thing. Dieting takes effort. You can't put a diet on autopilot and expect to steer around obstacles like chocolate éclairs.

Set some progress goals. Aim to lose a pound a week. Not only will you reach your goal, you'll also gain eating habits that will help you maintain your desired weight. You'll get there, one step at a time.

Enroll in a nutrition class.



Everyone is health-conscious
these days. People who
smoke, drink, overeat,
never exercise—
they're a dying breed.

—George Rice

SELECTION

A man on his third week of a starvation diet drove up to the window of the local fast-food restaurant. “May I take your order?” the voice on the intercom asked.

The dieter yelled in a panicky voice, “Yes, I’ll have everything!”

The teenager at the other end of the intercom replied, “Uh, okay, would you like fries with that?”

There may be days when “everything” sounds a lot better than a “little of nothing.” But eating “everything” is part of the problem. Selecting the right foods is key to dieting. You may not need to eat less food so much as you may need to eat *different* foods. Many people are overweight not because they eat too much, but because they eat the wrong things. Dieting isn’t just about losing weight. It’s also about feeding your body properly. Make it your business to learn about good nutrition. Find out which foods to eat more of, which to eat less of, and which to avoid entirely.

Don’t just eat less. Eat right. You’ll lose weight and gain energy.

Identify your obstacles.



Lord, if You can't
make me thin, then make
my friends look fat.

—Erma Bombeck

PLANNING

An elderly lady went to a diet center and was met by a young attendant. “May I help you?”

“Yes,” the lady responded, “I’m here to get one of those diets you talked about on TV.”

“Madam,” the attendant said, “you don’t look like you need a diet. In fact, for your age you look rather fit.”

Irritated at the young man’s response, she replied, “Sonny, I’m here for a diet, and my age is nobody’s business but mine!”

The young man answered sarcastically, “And it looks like you’ve been in business for a good while!”

Dieting is nobody’s business but your own. You know yourself better than anyone else does. What are the things that will hinder your weight-loss effort? A favorite snack? Afternoon “munchies”? An unsupportive family member? Television time? Identifying your obstacles will be half the battle.

Then determine what you will do about them. Change your daily routine. Enlist the help of friends. Steer clear of the vending machine.

Knowing what not to do is as important as knowing what to do.