TOA
TENNESSEE ORTHOPAEDIC ALLIANCE

QUESTIONS TO ASK YOURSELF IF YOU WANT TO LOSE WEIGHT

If you want to lose weight you are not alone. Statistics show that more than 50% of adults want to lose weight. Society tells us we should want to be smaller, right?

According to the world around us, weight loss is the answer to all our problems. Internally and externally. You will be healthier. More accepted. More respected. More desirable. More worthy.

These are things we all want as humans, right? So, what's the problem?

Well news flash, these are empty promises from diet culture. Often, dieting for weight loss results in the opposite. The pursuit of weight loss through extreme calorie restriction can make you less healthy. It can cause nutrient deficiencies. Hormone imbalances. Weight gain over time. Body image struggles. Feelings of guilt and defeat. Low self-esteem. Low sense of self-worth. It often leaves you feeling worse than you did before you started.

What if I told you, you could achieve the results you are hoping to gain from weight loss without worrying about the number on the scale?

To do this, you must discover your WHY outside of physical appearance. This calls for a mindset shift. I want you to ask yourself:

- Why do I want to lose weight?
- How will things be better when I achieve that number on the scale?
- What happens if I lose weight and still feel the same?
- Are there any results you I am hoping to achieve through weight loss that can be achieved without focusing on weight?
- How can I reframe my intentions so that you have goals to achieve outside of the number on the scale?

You can level up to become your HEALTHIEST self. But you must accept yourself the way you are now to start. Know that all your health goals are achievable if you take small consistent steps toward becoming a better you while loving the YOU that YOU are now.

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