



PYT Weekly Training & Support

Lesson #53 **Fun Weight Loss**

by Jim Katsoulis

Hello! This week, let's talk about fun because when people think about weight loss, when they think about staying on track, eating well, and exercising, rarely do they think that it's enjoyable or fun. So, what we want to do is we want to bring a sense and a feeling of fun to the whole process because unless you intentionally do it or you're around people who think that way or feel that way, it's going to be always like a chore; it's always going to be a struggle.

But, ultimately, we want to get congruent with the idea that – eating well and exercising – we do it because it feels good and because it's fun.

I was doing an interview the other day and someone asked me. He said, “How do you stay motivated? How do you keep yourself motivated?” And I thought about it, and I genuinely answered that I haven't really been motivated to eat well or exercise a lot probably about 8 or 10 years now. The first 5 or 6 years when I was really kind of getting into it, I was really focused and motivated a lot of the time.

But then, that motivation kind of disappeared to move to other things. But that's not to say that I started eating badly all of a sudden because I continued to eat very well and I continued to exercise regularly because it feels good and because I enjoy it.

So, again, it kind of threw the person I was talking to for a little bit, and it actually surprised me a little bit when I thought about it that way that I don't need motivation anymore because I truly enjoy feeling good. When I say that to people, I say, how can you make weight loss fun? How can you do this and make it enjoyable if they're not exposed to this way of making it happen?

At first, they don't really get it. They think I'm crazy for saying that. I think it's a cultural thing that people just assume that it's really hard, that it's always a struggle, and that's there are all these negative things. The reality is that it's kind of both. They can be either/or; and it's up to you to make it fun and make it enjoyable because if you don't do it intentionally, you're at the mercy of a lot of the advertising and a lot of the cultural belief systems which say that eating well and working out is hard; and the opposite that eating all these foods that are destroying your health and making you overweight – that's what's fun and that's what's truly enjoyable.

And you know this is true because you can put the TV on any minute and watch the ads and that's exactly the message you're getting – that all these chemically-laden foods and high-fat foods are really fun. There are all these people doing crazy things and enjoying each other, and there are all these emotions attached to those foods.

So, sometimes, it gets us confused but it's up to us and it's up to you to make eating well fun. It's not in the taste of it usually. Eating a salad doesn't have the excitement of eating a pizza or a bowl of ice cream or whatever it is for you. But that's okay because that's only that first level.

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So, on that first level, maybe the junk food wins. But then we move past that and we say, okay, a half hour after you finish it, how do you feel? An hour after you finish it, how are your energy levels? A week or two weeks after it, when you string all those behaviors together, which one feels better?

So, it's up to you to intentionally think of yourself in the lifestyle of eating well, the lifestyle of being active, of moving, of being flexible, and of being strong. Now, that is fun! And it's true; it's genuine.

The beauty here is that you've got the truth on your side that eating well and living this lifestyle is fun. It feels good because you're not carrying all that physical weight or that emotional and mental weight of "Oh, I wish I could just make the change. I feel so bad about myself. I wish I would just finally do it."

All that stuff is heavy and it's just depressing. So, what I'm saying to you when I say that weight loss is fun and living healthy and energetically is fun, I'm not joking. I'm not just giving you positive thinking here. This is true. This is real.

When you make this your lifestyle, when this becomes who you are, it is more fun and you have more energy to do things. Your moods are better. You feel better about yourself when you eat and exercise appropriately.

During this interview I was doing, we were talking about motivation and I said, "What motivates a person to sit on the sofa and eat ice cream?" It's not this conscious motivation to do it. It's this unconscious desire or craving for it. And you can have the same unconscious desires and cravings for healthy foods and healthy behaviors.

But, sometimes, initially, when you don't have them automatically, you need to pull a little bit of effort into creating them. So, that's what this is all about this week, and it starts with an attitude. It starts with your attitude right now. You create a sense of not just fun but enjoyment, a lightness, an easiness, and a kind of an automatic-ness to it where it's just completely natural for you to act this way.

And I want you to feel that. I want you to feel what it would be like if it's completely easy and natural and fun for me to eat well, to make the right choices, to move my body. What would that feel like? What would I look like? What would my life become now and in the future?

And that's how you program yourself; that's how you condition yourself. But I want you to think. How can I make this process fun? How can I make it enjoyable?

Again, you may not have the answer right away, but if you keep asking that question until you get an answer that works for you, once you have that answer and once you know how to do it in an enjoyable way, it becomes very simple. It's very automatic.

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The challenge people have is that they only know how to lose weight in a very difficult way that's hard to maintain, and they never put their focus on how they can make it enjoyable and fun.

And the answers that come back are different for each person. It depends on who you are. But if that becomes the goal, if that becomes your criteria for a successful weight loss, body-weight management plan, then when you get that answer and when you finally get that system for yourself, the rest is easy.

I want you to start right up from the beginning of feeling fun and enjoyable. Have a good time with this. That's the secret. That's what I've studied in so many people who have permanently lost the weight and kept it off in an enjoyable way.

And the secret is that they're not dieting and they're not struggling. They've created a new lifestyle for themselves. And so, that's what I want you to think about this week. Make it fun. Make it enjoyable. And you can start right now real quick.

What's the physiology of fun? What's the physiology of enjoyable, of calm, relaxed, and easy? What would your posture be? So, straighten out your posture.

How would your shoulders and your muscles be? Would they be tense or would they be kind of relaxed? How would you be breathing? Would it be a little deeper or a little slower? How would you hold your head?

Now, we go inside. How would you be thinking? Would your thinking be a little bit slower and a little calmer? How would you be speaking? Would there be a little bit of excitement to it?

So, it's up to you to figure out again the details of these but these are the things you want to notice – the physiology and the psychology of fun and enjoyment.

Get yourself into that place where eating well and exercising is enjoyable even if it's just a mental exercise at first. The more you do it, the more you train yourself to think that way and act that way. So, that's the idea here.

So, have fun with this and enjoy it. Again, demand that this process is enjoyable to you, that it's easy, and that it's fun. And if it's not, search for ways that you can make it more fun. That's always the question. How can I make it easier? How can I make it more fun?

So, do that and I'll talk to you next week!

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