

## **Lose 5 Pounds in 5 Days by Making 1 Change**

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I'm sure you wonder...."What do you eat? How many times do I have to exercise? How long do I have to exercise for? What CAN'T I eat?.." If these are your questions, than you will be pleasantly surprised that NONE of that matters when beginning your weight loss journey.

Well, what does matter you may be wondering? Let me tell you what works for me:

What matters is your mindset. You can follow any quick weight loss regime and get quick results. But, if you are on a journey for permanent results your mindset has to be thinking on the end result, not the shot term.

I love renovating homes. So, before I knock down walls and reconstruct them home I have to create a master blueprint or plan of what I want it to look like in the end. It would be a disaster if I just worked from one project to another, I would lose momentum and I would come up against of unneeded obstacles.

Losing weight is much like that. We have to change the blueprint of our mind before we can reconstruct our bodies! The blueprint is the way we see things and the map we follow to get there.

So how did I lose 5lbs in 5days? Well I know what my blueprint looks like. The finished project is a size 6, energetic and healthy woman. So what would a person like that, eat? Exercise? What is her lifestyle like? How would she think about food?

I had to begin with the end goal in mind. I believed that she ate 3 meals a day. Instead of someone like me who skipped meals everyday! I believe she planned ahead and ate a healthy breakfast everyday instead of running through a drive-thru and consuming her full days worth of fat grams in one meal. I also believed she made time to exercise because it was a better way to deal with stress than to take a nap.

So how do you lose 5lbs in 5 days? It's simple. You just decide to. You make a blueprint of what it will look at your goal and you move forward. Each day I just do a little better than the day before. Be aware. Aware of the steps you are taking towards your goal. Then, when you wake up the next day, decide that you will do just a little bit better than before. If you really want to lose weight and keep it off permanently than we must realize that taking small steps is much less risky then taking flying leaps.

Melissa Walters is a health coach and fitness instructor who has battled weight her entire life. She is on a mission to teach others how to lose weight permanently and quit the cycle of losing and gaining...losing and gaining! Follow her inspiring blogs at [http://www.melissasmision.com]

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