

# **10 Winning Weight-Loss Tips from a Big Loser**

**By Jennette Fulda who chronicles how she lost almost 200 pounds in**  
***Half-Assed: A Weight Loss Memoir***

- 1) Don't fear the parsnip.** Healthy foods don't necessarily taste bad. Don't be scared to try new fruits and vegetables. You might be surprised to find that parsnips taste good. Even if you discover that you hate rutabagas, you won't know until you've tried.
- 2) Have some fun.** If you really hate running on a treadmill, find an activity that you enjoy, like biking or rollerblading. Make exercise a social event by playing basketball or tennis with a friend. You're more likely to sustain activities that you enjoy.
- 3) Slow down.** Don't burn out by trying to change all your habits at once. It takes thousands of steps to finish a marathon and you have the rest of your life to change.
- 4) Track you waistline online.** You're not alone! Starting a blog keeps you accountable and you'll get support from other bloggers in good times and bad.
- 5) It's O.K. to ask for help.** It's easier to accomplish your goals if you have a support system. Form a network of friends and family who will encourage you to keep going during tough times and who will praise you for your victories.
- 6) Think about getting a pet.** You might be able to talk yourself out of going for a walk, but your dog might convince you to take a stroll in the park. If a cat is sleeping on your lap, it's a lot harder to get up for a second pudding pop.
- 7) Think positively.** There are days when I eat too many cookies or I skip a run. Don't beat yourself up, just kick ass in the gym tomorrow. The only way to change your body is to change your mind. Don't focus on your failures, revel in your successes.
- 8) Be prepared.** Waiting until you're hungry to find something to eat is like waiting until you're drunk to start driving. Your judgment is impaired. Always have healthy snacks available and you'll be less tempted to go to the vending machine.
- 9) Life happens – adapt.** Whether you get divorced or married, lose a loved one or have kids, get fired or move across country for a new job, find a way to incorporate healthy living into your new routine.
- 10) Don't wait until you're thin to start living your life.** If you want to learn to tango or buy a pretty dress, do it now! The self-confidence you'll gain will help you succeed in all your life goals.