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POWER

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Premier Medical's The Skinny Minute

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WILLPOWER *You've got it in you, I promise...*

The word willpower may sound daunting when it comes to weight loss and living a healthy lifestyle. It's the idea that we have the power to control our eating and limit bad choices. We ALL have willpower. It's our decision whether or not we use it. Like weight loss, we must WANT it, in order for it to work. The first step is to shine a light on the word willpower and recognize it as a positive tool to success.

Willpower is resisting short-term temptations to achieve long-term goals. It's saying no to dessert and yes to wearing that new outfit that's been waiting in your closet for months. The satisfaction that you feel when eating dessert is temporary. Having the ability to wear that outfit again and again is much more rewarding. Willpower is knowing the difference and thinking it through before making the RIGHT choice.

Willpower isn't even necessary without temptation. So the best way to get started on using and strengthening your willpower is to eliminate temptations wherever possible. The number

one place that you can achieve this is at home. If you don't buy it, it won't be there.

Be sure to plan ahead. Make a weekly menu for yourself and include healthy snacks. Spend an hour or two on Sunday prepping your fruits, veggies and lean proteins to make putting it all together a breeze throughout the week. It'll be MUCH easier to avoid the junk food that someone brought in to the office if you've started your day with a healthy breakfast and already have your snacks and lunch purchased, planned and prepared. You don't want to waste all that time, money and hard work!

Use a food-tracking app to count and sort your daily calories. Make sure your body is getting the right amount of lean proteins, fruits and vegetables. When you're feeding your body what it NEEDS, it will naturally and drastically cut back on cravings.

Be sure you're drinking plenty of water and getting enough sleep to keep your energy up. Physical and mental fatigue will deplete your willpower.

Stay strong! You've got this!