3 Long Term Weight Loss Goals That Last

Hello [[firstname]],

Today’s blog post went over ways to change your mindset for long-term health goals. Click the link below to catch up on the blog post before continuing.

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Making long term weight loss goals may seem like a great endeavor, until a year later you find the sheet with them written down and realize you haven't done any of them. This may lead you to not writing down the goals, or not making goals at all. The truth is, you can still reach your long term goals and make sure that you actually work on them by sticking to goals that last. Here are three long term weight loss goal ideas that will last and work for virtually anyone starting a weight loss journey.

**Exercise Based Goals**

Unfortunately, most people go with a weight loss goal that is strictly based on the amount of weight they want to lose. Though this is helpful, it is a long term goal that can often be overlooked or it can be given up when it doesn't happen within a certain amount of time. By making an exercise based goal, like working out a certain amount of times a week or walking a certain amount of miles, you can still achieve weight loss by focusing on a goal that is easy to achieve and maintain.

**Food Removal Goals**

You already know that certain foods are causing your weight gain or the inability to drop weight. So, instead of focusing on the amount of weight you are dropping or the amount of hours you are in the gym, consider focusing on removing certain foods. You can set the goal for a food at a time or a particular type of food. For example, set the goal to eat no more meat or no more salty snacks. This will help you keep that goal and help you drop weight simply from meeting the goal to remove certain foods.

**Lifestyle Improvement Goals**

Yoga, meditation, spiritual goals, and other type of goals may actually help you with your weight loss goals on a long term basis. For example, if you know that you are getting depressed a lot or that you are overwhelmed with your current routine then set a goal concerning that. Make sure you are meditating a few hours a week or that you take time for yourself to do something you enjoy a few hours a week. By setting this goal you can make your spiritual and emotional life better which can directly affect how many times you are emotionally eating or avoiding healthy options like the gym.

The key point to remember with each of these is to adapt the goals to fit your needs while still sticking to them. If the wording of the goals isn't working for you, reword them. If there is a negative feeling or pushy feeling to the goals, reword them. Adapt them to you, but adapt them for the long term.

[sign off]