

Timi lost 7kg in 30 days. She says her constant bloating is gone, her tummy has become flatter and she has begun to fall in love with her body all over again.

How did she do it? Timi chose a method that works.

There are several beliefs around losing weight, and one can get caught up in the many weightloss advice and teachings that are available today.

But there is one thing you must keep in mind; not every weightloss routine works.

For you to lose weight effectively, your weightloss plan must be several other things besides doable.

It should promote your diet

Your diet is a vital part of losing weight. You need to be able to take control of what you eat, as well as how and when you eat it.

Your weightloss plan should encourage you to make healthy choices of food. It should prompt you to be intentional about meal planning and eating routines.

Without improving your diet you can only make little progress, if any at all, with whatever weightloss routine you choose to follow.

It should be sustainable

One serious mistake that you can make when choosing a weightloss method, is to adopt one that you cannot sustain for a long time, at least to a considerable level.

The key to maintaining whatever result you have achieved is to continue with those lifestyle changes you have adopted and incorporate them into your daily routine.

This is why choosing extreme methods of losing weight, such as completely cutting off carbs from your diet, is often detrimental in the long run.

So before you adopt any weightloss routine, ensure you can continue with it even after you have achieved your desired result.

It should not cost too much

Contrary to popular belief, losing weight does not have to be expensive, if anything, it should help you reduce spending on unhealthy foods.

Fun fact: Most households in Nigeria and other low and middle-income countries spend about 85% of their income on food consumption, and it's not surprising that a large amount of these are processed foods. By this, I mean foods that go through multiple processes, contain added ingredients, and are highly modified.

Examples of such are soft drinks, chips, chocolate, candy, ice cream, cereals, packaged soups, chicken nuggets, fries, and more.

Imagine how much you can save by cutting down intake of such foods. You are not just helping your body, but your pocket as well.

You'll be amazed how many highly-nutritious foods you can source locally, and at a very low price even.

Boost your overall lifestyle

Choosing a healthy weightloss routine can help you to live a healthy lifestyle. And why is this important?

A healthy lifestyle helps you to prevent and control diseases. It keeps you happier and less depressed, helps you age slowly and gracefully, boost your confidence and self-esteem, plus it saves you money for drugs and doctor visits.

Timi was able to curb late night eating, and snacking on junks. Before now, she could go the whole day on junks but now she snacks on cucumbers, carrots and nuts. You can also do it, if you make the resolve to.

Which is why I have started another 30 days weightloss challenge to help you get your body back in shape, and live healthily just like Timi.

She had started with a body weight of 73kg and weighed 66kg at the end of the challenge.

Waistline was initially at 36.5 inches, but reduced to 34.

You see, there are no limits to how much you can achieve here, it all depends on your dedication.

This challenge will help you to be intentional about your lifestyle and eating habits. You will be able to make informed choices and give your body the right nutrition even from foods that are locally available.

There is a lot of fulfillment in knowing that you are feeding your body with what is right. That you are giving it what it needs.

And that sense of fulfillment is what this 30 days challenge will give you. Remember, it does not have to be expensive or extremely stressful. You can get significant results even by changing the little things that seem not to matter.

To sign up to this challenge be sure to register with the link provided. And I'll see you on board.