



GOSPEL *for* LIFE

Why Most Health Resolutions Fail (and What to Do About It)

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As a kid, I could eat like crazy and not gain much weight. If I gained weight, I could quickly lose it. I kept physically active, like any kid, but never worked at it. I never thought about my health very much. I just took it for granted.

As I got older, things began to change. I got a bit pudgy. The older I got, the harder it was to lose weight. I began to realize that I needed to be intentional about my health, or I would lose it.

I tried a variety of approaches. I worked out five days a week and spent a lot of money on motivational meetings and restrictive eating programs. Despite my best efforts, and the money I spent, I continued to struggle. My progress was temporary and I would lose and regain weight. I felt stuck.

Around this time, my wife began working for an online company called Precision Nutrition. I was skeptical. It seemed sketchy. I didn't mind her trying their program, but I didn't want anything to do with it. I watched begin to lose inches while I continued to struggle. To make it even more frustrating, she didn't count calories or points. She didn't



eat special food. She was learning, changing and having fun. She was getting results and enjoying it, while I was stuck and depriving myself.

Eventually I decided to try Precision Nutrition too. Once I began, I was hooked. My relationship with food changed. I got unstuck and began to make progress. Best of all, I started to enjoy eating.

It frustrates me to see others struggle with their health, because I've been there too. I wish they could experience what I have. I want them to leave restrictive programs behind and discover the joys of eating, health and wellbeing.

Why Most Health Resolutions Fail

I'm convinced that most health resolutions fail for some very simple reasons. Here are four.

1. Losing Weight Is Only Part of the Picture

I remember the weekly meetings that involved stepping on a scale. I remember wearing my lightest clothes, taking off my belt, and emptying my pockets in an effort to shed every ounce. I even remember not eating before the weigh-in and going out for food once the weigh-in was complete.

I meant well, but I was misguided. It's not hard to lose weight, at least temporarily. Wrestlers have figured out how to lose 20 or 30 pounds before a weigh-in, and to gain it back immediately after.



But that's not all. Our weight is one piece of data in the picture of our body's health and wellbeing. I'm convinced that when we focus on the number on the scale, we're focusing on the wrong thing.

We don't become happy by chasing happiness and we don't become healthy by chasing a number. Health and happiness are both byproducts of things like healthy patterns of thinking and relating, participating in supportive networks, and choosing habits and behaviors that support our values.

A [blog post](#) at Precision Nutrition says, "Let's focus on how awesome life can get when your body is as functional, mobile, and metabolically healthy as it can possibly be." That's a worthy goal.

2. Willpower Alone is not Enough

I used to think that good health required willpower. Lots of willpower. The problem is that I seemed to run out of willpower pretty quickly. I would get motivated at the weekly motivational meetings, but my motivation would fail by dinner time. My willpower was like a leaky tire: it would go flat no matter how many times I filled it up.

When we rely on willpower alone, we're bound to fail. We need to pair it with other resources like good habits, environmental changes, self-compassion, positive self-talk, and social support. Willpower is a great resource, but it's only part of what we need to experience healthy change.

3. Deprivation Isn't Fun

Anything that involves deprivation encounters resistance. Perhaps you've experienced this for yourself. Here are a few of the problems with deprivation as a nutritional approach:

- It's proven to be effective in animals, but it's not yet proven with humans.
- It's difficult. It's not much fun and people like to have fun
- It can backfire and make us want the restricted food even more.

According to Precision Nutrition, “**diETING often predicts weight gain**, along with maladaptive eating behaviors such as bingeing – not to mention unpleasant emotional states like guilt and eating-related stress... A highly restrictive attitude towards food doesn't help.”

Not only is deprivation miserable, but it doesn't work!

4. Behavior Follows Thinking

I've kept journals to track my behavior. I've used apps. I've tracked points, calories, exercise, and more. The problem? Behavior is the result of thinking. We can change our behavior, but until we change our thinking, the new behavior won't last. We have to go deeper.

“Genuine change requires work and self-understanding of the cravings driving behaviors,” writes Charles Duhigg in *The Power of Habit*. We can't just change behavior. We have to dig deeper.

I hope you can see that most of the reasons we struggle to get healthy are a result of flawed approaches. We tend to think that if we were more focused on the scale, more disciplined, more restrictive, and better behaved, then we'd reach our goals. Nothing could be further from the truth.

What to Do About It

So if our normal approaches won't work, what will?

Here are three things we've discovered that not only work, but they're a lot more enjoyable.

1. Eat Slowly

This one really surprised me. Getting healthy involves eating *SLOWLY!* It doesn't involve counting calories. Instead, it involves tuning into our own bodies and learning some basic skills. It takes some practice, but I found that, with a few simple changes, I began to eat more slowly, enjoy my food more, and feel a lot better.

One day, after we began practicing our new food skills, we were on a road trip. We stopped at a fast food restaurant and picked up some food we used to enjoy. As we began to eat it, we looked at each other. "What happened to this food?" we asked. "It used to taste good!" The food hadn't changed, but we had. We now enjoy food more than we ever have before. It just took a few simple changes.

2. Build Habits

We also learned to build simple habits. Every two weeks, Precision Nutrition gave us a new habit to practice. Each habit was simple and achievable. Over the course of a year, these habits added up to some significant changes in our lives.

The formula, according to Precision Nutrition, is simple:

Practice daily habits to build skills.

Build skills to achieve goals.

Do this well and you can accomplish your goals more quickly (with less effort) and maintain your results.

Big results often don't come from big changes. They come from small changes, done consistently, over a long period of time. Progress is better than perfection.

3. Get Support

There's a reason that professional athletes have a coach. Coaches help athletes do their best. To do our best, we need the support of others.

We all can benefit from coaching. When we went through Precision Nutrition's year-long program, we really appreciated the support and feedback of a coach who asked great questions, encouraged us, answered our questions, and reached out when we needed help.

We don't change alone. We change with the support of others.

How Gospel for Life Nutrition Can Help

Our experience as clients in Precision Nutrition's coaching program fueled a desire to share what we've learned with others. Recognizing the excellence in Precision Nutrition's content and approach to coaching, Char and I spent several years studying, practicing and doing the work required to become Precision Nutrition Level 2 certified coaches.



We are now offering Gospel for Life Nutrition (G4L Nutrition), a year-long nutrition and wellness coaching program powered by daily content from Precision Nutrition's ProCoach. It's the same great content that's helped over 45,000 people, with personal support from gospel-centered Christian coaches.

We're now offering our G4L Nutrition program to a limited number of people at a great price. G4L Nutrition features:

- a nutrition plan that fits into the demands of your life
- private support from a community of people just like you

- a program backed by science, not fads
- software designed to instill new habits — one small step at a time
- a guarantee of success

To find out more, [visit our website and sign up for the presale list to receive a discount.](#)

Signing up for our presale list has two advantages. You'll pay less than anyone else, and you'll have a better chance of securing a spot. We're only taking a small number of clients and expect to turn people away.

Get unstuck - real change is possible. Discover the awesomeness in your body's best health. Join G4L Nutrition today.

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