

A woman with red dreadlocks is shown in profile, lifting two black hexagonal dumbbells. She is wearing a black tank top with grey trim. The background is a blurred gym setting. The image is overlaid with a large pink triangle on the left and a green triangle on the bottom right, separated by a black diagonal line.

**Breaking Free!**

**10 Pitfalls**

**Holding Back Busy Adults 40+  
From Weight Loss Success.**

# INTRODUCTION

Losing weight and making a lifestyle change is hard. According to the Mayo Clinic, "most people run into problems when they try to change too much too fast." This is especially true when we try to do it on our own strength.

But there is hope. When we seek God's help in our weight loss journey, He promises to be with us every step of the way. As Isaiah 41:10 (NLT) says, "Don't be afraid, for I am with you. Don't be discouraged for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Here are 10 common struggles people face when trying to lose weight and make a lifestyle change, along with practical tips to overcome them:



# 1 TRYING TO CHANGE TOO MUCH TOO FAST

It's easy to get excited and make many drastic changes at once. But according to the American Psychological Association, this often leads to burnout and rebound. Instead, focus on small, sustainable changes over time. Start with one or two manageable goals and build from there.



# 2 NOT BEING READY FOR CHANGE

Change is hard and requires a lot of mental and emotional energy. If you're not in a place where you're truly ready to put in the work, you're likely to sabotage your efforts. Take some time to reflect on your readiness for change. Ask yourself, "Am I willing to make this a priority and put in the effort required?"



# 3 LACK OF CONCRETE GOALS AND A PRECISE STRATEGY

Vague goals like "lose weight" or "get healthy" are hard to track and easy to abandon. Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and develop a clear plan of action. For example, instead of just saying I need to "exercise more," aim to write down, create a plan, and put on your calendar to "walk for 30 minutes five days a week."



# 4 GOING "TO THE EXTREME"

This is the flip side of trying to change too much too fast. It's the all-or-nothing mindset that leads to cycles of strict dieting and bingeing. Embrace moderation and consistency over perfection. Permit yourself to occasionally have meal outside your diet, and if you slip up, don't beat yourself up – give yourself GRACE. Be aware where you are and get back on track at your next meal.



# 5 NOT ADDRESSING UNDERLYING ISSUES

Our relationship with food often has deep roots in our emotions and past experiences.

To make lasting changes, we need to address these underlying issues. Pray for guidance. Seek support from a counselor or therapist and consider journaling or prayer as ways to explore your emotions and patterns of behavior around food.



# 6 NOT GETTING ENOUGH SLEEP

Lack of sleep can sabotage our weight loss efforts in many ways. It affects our hunger hormones, cravings, and energy levels. Prioritize a healthy sleep routine by aiming for 7-9 hours of sleep each night, and consider practices like meditation, prayer, or a warm bath to help you wind down before bed.







# NOT DRINKING ENOUGH WATER

Dehydration can lead to fatigue and hunger, making it harder to stick to our plans. Aim to drink half your body weight in ounces of water each day. Carry a water bottle with you throughout the day and consider flavoring your water with herbs or fruit if you find it boring.



# 8 NOT EATING ENOUGH PROTEIN

Protein is essential for building muscle, boosting metabolism, and feeling satisfied after meals. Include a source of protein at every meal, like eggs, chicken, fish, tofu, or Greek yogurt. Protein shakes can also be handy for on-the-go snacks.



# 9 RELYING ON WILLPOWER ALONE

Willpower is a finite resource. Instead of relying on sheer force of will, set up your environment for success. Remove temptations from your home, have healthy meals and snacks prepped ahead of time, and find activities you enjoy that support your goals.



# 10 NOT ASKING FOR HELP

Weight loss and lifestyle change are hard. Don't try to do it alone. Seek support from friends, family, or a Christian weight loss program. Consider working with a coach or counselor, joining a support group, or finding an accountability partner.



# CONCLUSION

Remember, the journey to a healthier lifestyle is a marathon, not a sprint. There will be ups and downs. Lean on God for strength and guidance and celebrate every small victory along the way. As Philippians 4:13 says, "I can do all things through Christ who strengthens me."

