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Be a happy loser

Don't let negative feelings bog you down as you work toward dropping pounds

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Written by
KENYA MCCULLUM

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Starting a new exercise program is always challenging, but the good news is, it can make you feel great once you get into it. As endorphins get released in your body from exercise, these hormones help to elevate your mood — and improve your overall outlook about weight loss. And the more you exercise, the more you become addicted to these natural pick-me-ups —which means you will want to exercise even more to keep those positive feelings going.

KEEP YOUR EYES ON THE PRIZE

Bad moods can cloud our judgment in a way that makes us forget the strides we have made. But keeping your goals in mind, while remembering how far you've really come, can get your mood up again — even when you have suffered a setback.

"It's all about progress, not perfection. Nobody is going to be perfect. Everybody's going to have those setbacks," said Taylor. "There is no cheating. You don't stop your life to go on a diet — that's why we call this a lifestyle change. You just change things and don't look back."

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