



Welcome to Week 9 of your weight loss journey!

By now we're betting that you've seen some significant changes taking place, inside and out. This is often the week many TLSers find themselves being asked that question they're rightfully happy about, and proud to answer:

"Have you lost weight?"

There's no doubt about it: determination and consistency is what makes these results possible. On the other hand, such regimentation and routine has its dark side. It's called boredom, and it can put a halt on progress as easily as anything else by sapping your motivation and making your moments of inspiration fewer and further between.

Luckily, getting a handle on boredom is easy, and is often just as simple as making some changes in the details of your program while retaining the basics. For example, if you find yourself starting to dread your weekly gym visits, try one of these tradeoffs:

- If you typically hit the gym in the evening, try getting up early on a few days and doing your workout then – you'd be surprised at how it puts a shine on the day, knowing the hard part's over!
- If you usually gravitate toward weight machines and cardio equipment, try a low-tech workout that uses only dumbbells, barbells and bodyweight; this feels a lot more like play, and gets the muscles burning and blood pumping just as well.
- If you've been too proud – or paranoid – for exercise classes so far, take the plunge and let someone else design the workout for a change!

When it comes to your eating, keeping things fresh and exciting is even easier. While your food selection should still come from quality proteins, low-GI carbs and healthy fats, there are limitless flavor possibilities when it comes to individual choices and preparation. Here are a few ideas:

- If you feel like you've had all the grilled chicken you can handle, take up a Protein Challenge by making at least one new selection each week from the market.
- When it comes to spices and seasonings, the list is endless. Read up on recipes, and use cuisine from all cultures to bring new life to your staple foods!
- Shop local Farmers' Markets and let the seasons determine your selections and present new possibilities.

Breaking boredom is the practice of using just the right amount of impulsiveness to keep the scenery interesting, all while remaining on the right road. With the right tools and timing, it's easy to do, and it's got its own benefits!