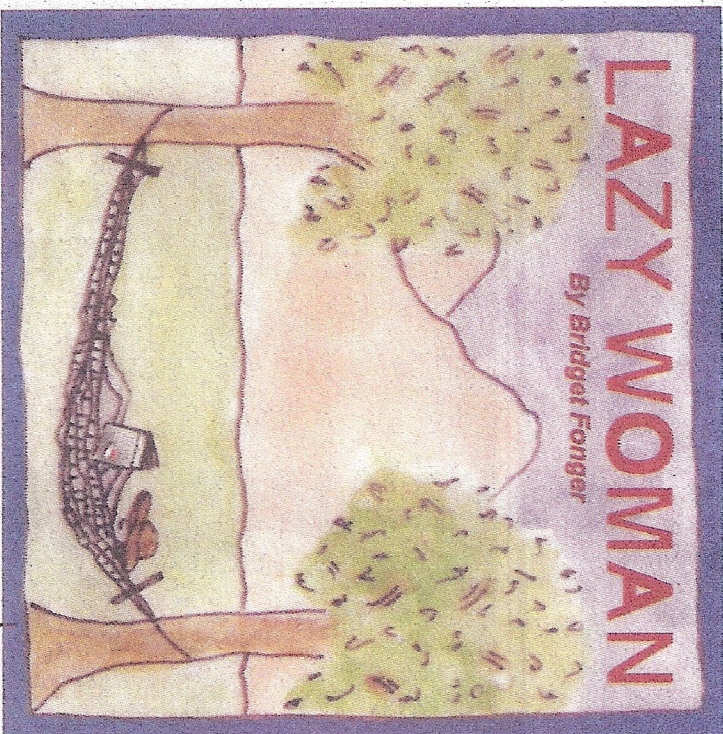


# Liar, Liar, Pants on Fire!



you aren't thinking you should have lost 10 pounds in one week! Second, I'm going to assume you have no physical reason you can't lose weight (it is highly recommended that you get a physical before you start any weight loss regimen). Finally, I assert you are probably not being totally honest about "doing everything."

So, there are a few dark places you may want to shine some light. What you're looking for is where you tell little lies to yourself (and, sometimes to others).

Don't gloss over the reality of your weight. Write down every morsel that goes into your mouth and every minute of exercise you get. You need to be honest about the INPUT and the OUTPUT. If you don't have a medical condition, and you burn more calories than you take in, you will lose weight. The most notorious trap is unconsciously putting food in your mouth; tiny little high calorie items, finishing the food on your child's plate, or too many low cal items are all calories in adorable little forms that can tip the scale the wrong way.

Weigh (or measure) yourself regularly. I weigh myself every day so that I remain conscious of my "reality" every day. RealAge.com suggests you measure your waist every day instead. Whichever you choose is perfect! Just do it, and stay honest. Further, if someone asks you how much you weigh, tell them the truth. The more entrenched in reality you are, the better your chances of actually losing weight.

Generally, when someone says they have been doing *everything* they can to lose weight and they aren't shedding pounds, I smell smoke. Your proverbial fat pants are on fire. Believe me, I have smelled smoke in my own chair many times. We just need to keep our noses keenly aware, and stay honest.

*Bridget Fonger is co-author of The Lazy Woman's Guide to Just About Everything and a freelance writer and producer living in Sierra Madre. Visit her website at LazyWoman.com. Send your questions directly to Bridget at [bridget@lazywoman.com](mailto:bridget@lazywoman.com) with "MVA" in the re: line of your email.*

**QUESTION:** I'm feeling pretty hopeless about my New Year's resolution. I've been doing everything I can to lose weight and it's just not working!

**ANSWER:** I hear you, and I've been there. We feel like we're working so hard, and the results just aren't coming. First, I'm going to assume you are being realistic about your goals, i.e.,