

## HAVE YOU HEARD OF KISS?

No I don't mean the band 😂

I must admit – I always need to be reminded of this one simple acronym: K.I.S.S.

**Keep. It. Simple. Stupid.**



Some days, I forget that focusing on the irrelevant stuff will only increase stress in my life and make me forget the basic rules – which are responsible for 99% of the results.

Some people are able to follow a ton of rules, but most people can't.

An interesting study that came out in 2010 explains why you need to stick with a few simple rules instead of complex systems most popular diets use.

The researchers studied how long people were able to stick to a “complex” diet because they thought a weight loss diet would fail if the rules were too complex.

They found that “perceived rule complexity” was the strongest factor associated with increased risk of quitting.

All the points counting, and substitutions cause people to quit.

The bottom line – you need to stick to the basics and pick your battles.



Do you really need to obsess about the dilemma of whether to have that coffee or not or will a handful of nuts cause you to gain 10lbs, or do you prefer using that mental energy to find healthy recipes to cook next week and make your fat loss success inevitable?

Just remember your life is already complicated enough as it is, and that too many rules lead to failure and leave you feeling like crap.

**Keep. It. Simple. Stupid.**

You won't go far wrong, I promise.



Any questions email me at:

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