

Make It Happen Monday: The Wisdom of Sustainable Weight Loss

By Robert Ferguson

Losing weight is something many people want, but the truth is, most people never succeed. It's not because they don't try—it's because they face challenges that often feel insurmountable. Even when weight loss is achieved, the majority struggle to keep it off. The cycle of losing and gaining weight becomes frustrating and discouraging, leading many to abandon the idea altogether. This fear of failure, the fear of not keeping the weight off, and the fear of emotional setbacks is why so many people never take the first step.

But here's the key: **making it happen isn't about achieving perfection; it's about using wisdom to create sustainable change.** Reflect on your past experiences and use them as a guide. What has worked for you in the past? What hasn't? It's this very wisdom that has guided my approach for over 30 years, and why I created the Diet Free Life methodology.

One of the most powerful lessons I've learned over the years is this: how you lose weight is how you need to eat to keep it off. This wisdom is also backed by the National Weight Control Registry, which found that over 90 percent of people who lost weight and have kept it off for more than 10 years didn't follow a fad diet or quick-fix solution. Instead, they adopted a consistent, sustainable way of eating.

If your strategy is to lose weight one way but then eat differently once you've lost the weight, you're setting yourself up for failure in the long term. This is the number one reason why most people gain the weight back: they've never learned how to incorporate lasting habits into their daily lives.

This week, make it happen by thinking beyond the scale. Don't just focus on the numbers—focus on adopting a way of eating and living that you can maintain long-term. Start by taking that first step, whether it's choosing a meal that aligns with your goals, incorporating movement into your day, or seeking the support that will keep you on track.

The journey to lasting change is built on small, consistent steps and the wisdom you've gained from your experiences. **Make it happen today** by committing to sustainable habits that will carry you through not just the weight loss phase, but throughout your life. You've got the wisdom; now it's time to put it into action.

If you'd like to dive deeper into your weight loss journey and get personalized guidance, I invite you to schedule a [free consultation](#) with me. Together, we can create a customized plan that aligns with your unique needs, so you can achieve and maintain your goals. Simply reach out to me at Robert@dietfreelife.com to get started!

References:

1. National Weight Control Registry. (2020). *Long-term success in maintaining weight loss*. Retrieved from www.nwcr.ws
2. Friedman, J. M. (2017). *Obesity: Causes and control*. *Journal of Clinical Nutrition*, 102(3), 587-591.

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