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Inspirational Weight Loss Motivation by Coach Kozak! You said tomorrow yesterday.
by [Joshua C Kozak](#)

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I'm Coach Kozak and I've felt compelled to give you motivation to lose weight. I have had the privilege to train over 1 million people and along the way I've seen every mistake and pitfall that people make. It all starts and ends in your head. Almost all of the reasons people fail at losing weight are mental. If you're going to lose weight and I mean some serious weight you must control your head. You need to be 100% in control and committed to the process. That means you have to have control over the foods you eat, control over your busy schedule, control over your body, and most importantly you must believe that you can do it!

You have control over the foods you eat. Stop looking at food to make you happy no matter how much you eat, it never will. I want you to look at food as a means of survival, not for comfort. Your body's natural instinct is to graze, not feast, by eating five small meals a day you'll lose weight. In order to eat 5 small meals a day, you have to plan ahead of time! You have to commit to buying and eating healthy foods. If you're not sure how to eat healthy, then do research! There is a lot of great free information out there.

Working out is not easy! But it is a necessary evil in our war against your belly fat. It's okay if you're starting at a really low fitness level. Remember, everyone has to start somewhere and rarely does anyone start on top. Start at your fitness level and work your way up. Feel pride in seeing yourself become more strong and fit. Just like anything else in life if you don't have a plan, it makes it really difficult to be successful. To be successful, plan your workouts into your week and hold yourself accountable.

You deserve this! It is important for me to have you know and BELIEVE that you deserve to look and feel good. Not for anyone else, but for you! You deserve to feel comfortable with how you look, you deserve to be healthy and live a long life, and most importantly you deserve to be happy. You are an important person and you are invaluable to this world!

You said tomorrow yesterday. Stop putting this weight loss battle off because let me tell you if you ignore it, then it will only get worse. I want you to bottle the energy you feel right now, and use it anytime you want to give up. I believe you can do it! I know you can do it! It starts and ends up here.

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Joshua is Coach Kozak. Kozak has been a fixture in the world of health and fitness for over 10 years. Get a flat stomach with [HASfit's 15 min workout](#) and a [motivational workout](#).

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