

See all blog posts

## Diet Tips from Weight-Loss Bloggers: Beth of Beth's Journey <sup>2</sup>

Comments Post a comment  
Wednesday, 09/27/2011 5:11 PM

- 1
- 1

All this week, we're sharing weight-loss motivation from some of our favorite real-girl diet and fitness bloggers. Next up: Beth of Beth's Journey!



Beth, a D.C.-area blogger, is a self-proclaimed foodie on a quest to get fit the healthy way. After losing 90 pounds (yes, 90!) on Weight Watchers, she's devoted her blog to staying fit while still finding a way to love food.

Beth had these tips to share with you lovely ladies:

**Buy a food scale and/or measuring cups.** One of the biggest problems for me when I first started losing weight was that I knew what to eat, I was just eating WAY too much of it. I still use my food scale almost every day when I'm home to measure things out.

**Expect slip ups.** They WILL happen, and you are not a failure when they do. Things happen, parties happen, unexpected lunches out happen—don't get down on yourself, just get back on track as soon as you can.

**Reward yourself when you accomplish your goals along the way and as you're successful with your weight-loss!** You can do anything from new clothes, massages, manicures or pedicures, to just a bubble bath, a new book, or painting your own nails. I heard someone who put away \$5 for every pound lost, and at the end, she had \$250 dollars to spend on new clothes—I wish I had done that!

One of the best parts of Beth's blog is her healthy recipes, so make sure you bookmark Beth's Journey for all the goods!

P.S. If you liked these tips, check out Elizabeth's tips from yesterday!

More Ways to Get Glamour:

NEW! Now You Can Read *Glamour* on Flipboard!

Visit [ShopGlamour.com](http://ShopGlamour.com) for cute stuff starting at just \$10!

Download *Glamour* Magazine for your iPad--print subscribers, it's now part of your subscription plan!  
Enter the latest *Glamour* sweepstakes!  
Follow us on Twitter.

**Photo Courtesy of Beth's Journey**  
by *Meredith Turits*

**Categories:**

Body Image,  
Healthy Eating,  
Weight Loss

**Keywords**

body image,  
diet,  
diet and nutrition,  
fitblr,  
fitness,  
healthy recipes,  
weight loss,  
weight loss bloggers

[Previous Post / Beauty & Health: Need to Get Your Glow Back? Make a Batch of This Soup](#)  
[Next Post / Reese Witherspoon Hit By Car While Jogging](#)

**Rating**

Rate it:

