



More than a transformation, losing weight is a story of discipline, setbacks, and showing up anyway. PHOTOS/COURTESY

Why losing weight becomes a full-time job

NOTE
ALWAYS
CELEBRATE THE
SMALL WINS

Everyone talks about weight loss like it is simple: eat less, move more, repeat. But behind the slogans is a very different reality: constant decisions, shifting motivation, cravings that do not wait, and discipline that has to show up daily.

BY ALICIA MURUNGI HIGIRO

Why does it feel like everyone is expected to look perfect all the time? Flat stomach, clear skin, gym routine, glowing life, no off days, no bad angles, no excuses!

Because if you believe social media, becoming healthy is simple: eat less, move more and repeat. In reality, for me and probably half of us, trying to glow up has become a full-time job. And not the kind you can skip without consequences.

If weight loss actually paid, we would all be owning properties around the

world, sipping smoothies on yachts and still complaining about burpees.

Social media does not help. Every scroll is filled with people shedding kilograms effortlessly, doing routines that look fun and easy, while the rest of us are proud of ourselves for ordering a side salad instead of chips like we won the lottery.

The funny thing is, everyone seems to have it figured out. Your friend posts a 5km run or walk, another shows a perfectly portioned meal, and you are just proud you remembered to drink water. But that is part of the process. Weight loss is not instant; it is

messy, unpredictable and occasionally hilarious.

When fitness becomes a second job

But glowing up is more than just losing weight. It is about becoming a healthier and better version of yourself, more fit, more disciplined and mentally stronger. And like any full-time job, it requires consistency. You have to show up even on days you do not feel like it.

Some days I lock in properly. The steps are in, workouts are done and I feel like Captain America has nothing on me.

Other days, I stare at the scale, wonder if it is broken and negotiate with my bed about why I should get up, and the "ye n'fak" kicks in.

Weight loss is not glamorous. It is discipline, small victories such as eating a boiled egg rather than fried and occasional defeats such as giving in to that chapatti, the weapon formed against our flat stomachs.

The emotional war with food and motivation

Losing weight is walking 10,000 steps, then realising your favourite snack is whispering your name. It is the joy of noticing your clothes fit better, mixed with the frustration of stubborn spots that refuse to cooperate, especially the stomach, which refuses to get the memo.

And yes, sometimes it is embarrassing, like when you fail to come up after that squat and hope no one saw.

Like any full-time job, I have had to develop strategies to survive it; showing up consistently, moving, especially when I do not feel like it and balancing discipline with small rewards so I do not lose my mind.

The truth is, this is not something you do for a few weeks and finish. It is a lifestyle. The moment you stop, the weight will come back like it never left,

no warning and no apology.

The good days

Some days it feels like hard work with little payoff. Other days, you see progress that makes it all worth it. It is a rollercoaster of emotions and hard work, but every step, every squat and every vegetable adds up.

On good days, everything aligns. You feel strong, committed, almost unstoppable. You start thinking maybe, just maybe, you have figured it out.

The bad days

Then there are the other days, the ones where your bed becomes your strongest opponent. The scale suddenly looks like it is judging you. Motivation disappears without notice. Discipline files for leave.

Those are the days you promise yourself, "tomorrow I start properly." Confidently. Repeatedly. With no evidence of change.

Food, cravings, and emotional warfare

And then there is food.

Chapati is not just chapati. It is an emotional negotiation. Fries do not ask questions; they just show up like old friends. Cinnamon rolls are the real weapon formed against discipline.

You try to be strong. You really do. But sometimes the cravings are louder than your intentions.

Small wins that actually matter

Still, there are victories. Quiet ones.

Choosing water instead of soda. Eating the boiled egg instead of the fried. Walking when you would rather sit. Finishing a workout you almost cancelled.

And honestly, those small wins deserve applause. No, a standing ovation.

Progress is repetitive

The thing about this journey is that progress is not always visible. It is not always aesthetic. It is repetitive.

You do not always notice it day to day.

COMMON WEIGHT LOSS MISTAKES

A common mistake in weight loss is relying only on the scale to measure progress. Body weight can fluctuate daily due to water retention, hormones, and other factors, so it does not always reflect real change. Many people also fall into the trap of over-restricting food in an attempt to see faster results, which often leads to burnout and eventually giving up.

Skipping meals is another frequent approach, but it can slow metabolism, increase cravings, and make it harder to maintain consistency over time. There is also the expectation that visible changes should happen quickly, which can be discouraging when progress feels slow or uneven. In reality, sustainable change takes time and patience.

But it builds in discipline, in energy, in how you carry yourself.

Some days it feels like nothing is happening. But something always is.

The truth about the glow-up journey: So yes, weight loss has become my full-time job, even with cinnamon rolls being the weapon formed against me, and if it actually paid, I would probably be living like a princess. Owning properties and still complaining about burpees. But for now, the rewards come in discipline, growth and the quiet satisfaction of not giving up.

To anyone else on this journey, keep showing up. Even when it is hard, slow or chaotic. Life, sweat, stubborn fat and the occasional KFC craving are funny, frustrating, but worth every step.

Because the glow-up is not a moment; it is work. Full-time work.