

Podcast 1 Going on a diet

Going on a diet can be a challenging task, but with determination and the right mindset, it can be done.

Let's see some idioms that we can use when talking about going on a diet. One idiom that can be useful to keep in mind when embarking on a diet is "**slow and steady wins the race.**" Crash diets and extreme measures may lead to quick weight loss, but they are often not sustainable in the long run. Instead, it's better to make small and gradual changes to your eating habits that you can maintain over time.

Another idiom to keep in mind is "**you can't make an omelet without breaking eggs.**" Dieting often involves making sacrifices, such as giving up certain foods or eating less than you're used to. However, these sacrifices are necessary in order to reach your goals.

"**Rome wasn't built in a day**" is another idiom that applies to dieting. It's important to remember that weight loss is a process and it can take time. Be patient with yourself and don't get discouraged if you don't see results right away.

Lastly, "**Don't put all your eggs in one basket**" is also a good idiom to keep in mind when going on a diet. It's important to have a balanced approach to weight loss and to include a variety of different strategies, such as exercise, stress management, and healthy eating.