

How to Tell Your Girlfriend to Lose Weight

Although you have a very proximal relationship with your girlfriend, you cannot say or tell certain things on her face like asking her to reduce weight. Rather, asking anyone to lose weight is quite delicate because you never know how the person will react, will she take it positively or will she be severely offended. There are some tricks to be learned in achieving success in your task. First of all, decide whether you want your girlfriend to lose weight only for your sake and if the answer is yes, your approach is absolutely wrong. If she has gained like 4 pounds and it bothers you, it is incorrect on your part. But, if she gains 30 to 35 pounds and it is noticeable, you have the right to bring it to her notice and make her aware about the upcoming health issues. But, how to tell her all this and ask her to lose weight? Following tips will definitely give you some satisfying as well as logical ideas to handle this matter.

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Before suggesting various tactics to let your girlfriend know about her weight gain, let me tell you something about your approach. You should think of the issue from your heart and make her feel that you are genuinely concerned about her health. Don't ever let artificiality come into your speech.

At first, try to make the conversation as casual as possible because no one would like to be lectured on losing weight and most importantly choose a location and time where you are alone with her and can talk to her without interruptions.

When you understand that she is responding in a positive way, you can turn the conversation on a serious mode. Stress on the fact that she will always be beautiful for you and she must concentrate more on her health than the looks. You can insist on finding out ways to improve her health and one way would be losing extra weight. Never ever say that she will be more attractive for you if she loses weight because she will brand you as a mean and selfish person and hate you life long.

Once you know that she is ready to work out to get rid of the extra pounds you can suggest various ways to lose weight like planning the workout schedule for her which will show your concern and involvement in doing good for her and will be an encouragement for her. The best way to motivate your significant other would be an active participation in her workout and other weight loss activities like the diet plan. You can have the same food that your girlfriend orders to assure her that you will also be benefited by the same diet. You can also order for yourself as healthy food as possible like salad which will make her think at least once before she orders the cheesy stuff. Do not fill your plate with the food items that your loved one's diet chart does not allow her. Join a gym together and go for walks which will make her feel your support and encourage her to do more exercise.

approximate (*adj*) *PRIBLIŽEN*
not completely accurate but close

certain (*adj*) *PREPRIČAN*
having no doubt or knowing exactly that something is true

delicate (*adj*) *OBČUTLJIV*
needing to be done carefully

react (*v*) *REAGIRATI*
to act in a particular way as a direct result of something else

sake (*n*) - for the sake *ZA VOLJO ČESA*
in order to help or bring advantage to someone

approach (*n*) *PRISTOP*
a way of considering or doing something

gain (*v*) *PRIDOBIVATI*
to increase in weight, speed, height or amount

issue (*n*) *PROBLEM*
a subject or problem which people are thinking and talking about

artificial (*adj*) *UMETEN*
made by people, often as a copy of something natural

interruption (*n*) *PREKINITEV*
when someone or something stops something from happening for a short period

respond (*v*) *ODVRNITI*
to say or do something as a reaction to something that has been said or done

brand (*v*) *OZNAČITI*
to say that you think someone is as stated

concern (*v*) *VZNEMIRJATI*
to cause worry to someone

significant (*adj*) *POMEMBEN*
important or noticeable

participate (*v*) *SODELOVATI*
to take part in or become involved in an activity

assure (*v*) *ZAGOTOVITI*
to tell someone confidently that something is true, especially so that they do not worry

encourage (v) *SPODBUJATI*

to talk or behave in a way that gives someone confidence to do something

upcoming (adj) *BLIŽNJI*

happening soon

handle (v) *OBVLADOVATI*

to deal with, have responsibility for, or be in charge of

casual (adj) *BREZBRIŽEN*

not taking or not seeming to take much interest

WORD FORMATION

approximate (adj) – approximate (v) – approximately (adv) – approximation (n)

delicate (adj) – delicately (adv)

react (v) – reaction (n)

approach (n) – approach (v) – approachable (adv)

gain (v) – gain (n) – gainful (adv)

artificial (adj) – artificiality (n) – artificially (adv)

interruption (n) – interrupt (v)

respond (v) – respondent (n) – response (n)

concern (v) – concern (n) – concerned (adj)

participate (v) – participant (n) – participation (n)