

Yes! Now You're Doing It!

Congratulations! You are already doing something to lose that extra weight. Keep up the good work!

Here are tips to help you continue:

- Make a “SMART” plan to begin.
SMART stands for:

- **Specific:** There are specific actions to take to reach the goal.
- **Measurable:** You know how much to do and when the goal has been achieved.
- **Action-oriented:** Take action to achieve your goal(s).
- **Realistic:** The goal is practical given your resources and time.
- **Time-based:** There is a specific timeframe to achieve the goal.

Example: “I will walk up the stairs (*Specific, Realistic, and Action-oriented*), once daily (*Measurable*) for the next month (*Time-based*).”

- Reward yourself for achieving your daily goals.
- Arrange your environment to support your efforts to lose weight. For example:
 - Have healthy snacks readily available.
 - Avoid going to places where you usually lose control of your eating such as buffets.
 - Place reminders about weight control where you will notice them.



- Plan ahead.
 - Make your lunch at home and bring it with you.
 - Eat something healthy **before** going to a social eating event.
 - Rearrange your daily schedule to include physical activity.
- Ask for and accept support and encouragement from others.
- Focus your attention on the benefits of what you are doing, such as feeling good and improving your health.
- Stay positive, even if there are times when you have been doing all the right things but haven't lost any weight for a while. Persistence pays off.

