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.