

Yes! You Can Keep That Weight Off!

You have been managing your weight successfully for a long time. GREAT!

Here are some tips to help you keep going:

- Now that you know what works for you, keep it up!
- Write down all the reasons you want to maintain your weight. Look at these carefully, and think about how far you have come.
- Take credit for your success and hard work. Continue to reward yourself often!
- Plan for people, places, and events that might trip you up. Consider ways to cope with difficult situations. For example, drink a glass of water and eat an apple before going to a party, buffet, or wedding.
- Keep your thinking **POSITIVE!**
- Maintain your network of family and friends to provide encouragement and support. Let them know how much their ongoing support is helping you.
- Find new ways to cope with stress.
- It is easy to slip up on your diet or physical activity. Recognize what tripped you up, and get back with your program. Be sure to give yourself lots of praise for handling these setbacks.

