Motivate!

Motivation is the force behind action. By choosing to participate in MOVE!® you have shown you are motivated. Focus on your personal reasons for managing your weight.

Here are some tips to keep your motivation high:

• Make your weight management goals a top priority.

• Have patience. Results take time!

• Set daily and weekly goals that are achievable. Write them down. Don't look too far into the future.

• Take it one day at a time.

• Reward yourself often for even the smallest accomplishment—treat yourself to a new outfit, a movie, or an outdoor activity.

• Do what it takes to get results! Results motivate!

• Use your Food and Physical Activity Diary to track your success.

• Exercise with others.

• Seek support from others.

• Everybody has setbacks. Making yourself feel guilty won’t help. Learn from your setbacks and move forward.

• Do lots of positive self-talk (“I can do it!”).