

Life's Little Pleasures!

Eating can be a great source of pleasure, but this can get in the way of managing your weight. Look for other ways to add joy to your life.

Plan your fun!

Make a list of activities and experiences that you enjoy.

- Look for opportunities to have fun.
- Check out event calendars in the newspaper, on the radio or TV, or online. Go to events that interest you.
- Plan exciting activities, such as dancing, fishing, bowling, golfing, walking with friends, taking a vacation, etc.



“Stop and smell the roses”

Slow down and appreciate everyday things:

- Sleeping
- Taking a walk
- Laughing
- Taking a shower or bath
- Relaxing
- Smelling certain fragrances
- Driving
- Having a pleasant conversation
- Enjoying the sunshine
- Doing something well
- Walking the dog

