

Not Enough Time?

Making the time to focus on your weight and health can be challenging. Here are some tips:

- Write down everything you need or want to do each day. Decide which are absolute “must do” things like physical activity and healthy eating and schedule them.
- Fill in any leftover time with those things that you may want to do, but that aren’t as important as the others.
- Always allow extra time! Things usually take longer than expected. Allow time for grocery shopping, meal preparation, and warm-up and cool-down when exercising.
- Focus when doing tasks. Avoid letting little interruptions get in the way.
- If you are overcommitted, begin saying, “No.” Delegate some of your responsibilities to others whenever possible. You don’t have to do everything yourself!

