



Change Your Behavior

Behavior change is the key to managing your weight.

Changing too many things at once can be difficult and stressful. **It may be better to change one or even two things at a time.** Here are strategies to help you change your behavior over the long-term:

Decide how important it is for you to change.

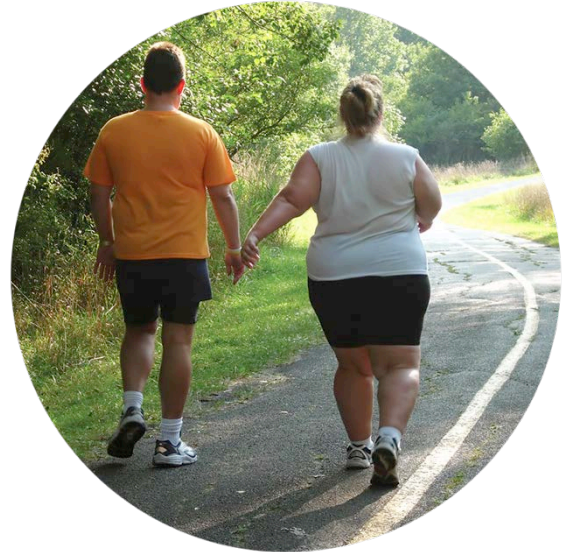
- *Why are you making the change?*
- *What will it mean for you when you have made the change?*

Decide how confident you are to change.

- *Do you have the skills and support you need to help you make a change? If not, where can you go for help?*

Set short-term SMART goals that are:

- **S**pecific: *what will you do?*
- **M**easurable: *how much and how will you know when you get there?*
- **A**ction-oriented: *commit to do it!*
- **R**ealistic: *make a goal you know you can meet.*
- **T**ime-based: *when will you meet your goal? Give yourself a deadline.*



Learn how to support yourself to make a change.

- *Use the materials given to you by your MOVE! team.*
- *Find out about community resources.*
- *Rally support from family and friends.*

Expect setbacks and learn how to overcome them.

- *Setbacks are common.*
- *Recall the reasons why you are making this important change.*
- *You may have set an unrealistic goal. Put the setback behind you. Set a more realistic goal and start again.*



Reward yourself when you have reached a goal.

- *Do something fun and special for yourself. Be creative.*

Avoid tempting situations and places that make you lose control, like “all-you-can-eat” restaurants.

