What you think drives what you do. You can change your thinking.

Here are some tips:

• Make a firm choice to get serious about your health.

• Make your health one of your main concerns.

• Realize that you have control over your weight.

• Be aware that eating and other lifestyle behaviors have been learned. Habits can be replaced or changed.

• Think positively!

• Tell yourself you are worth the effort!

• Recognize that you can increase your energy and well-being through physical activity.

• Know that eating and physical activity need to be balanced. You have the power to tip the scales.

• Know that weight management is a way to be good to yourself. Make it a life-long effort.