



Change Your Thinking about Food, Exercise, and Yourself

***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.

