

Motivate!

Motivation is the force behind action. By choosing to participate in MOVE!® you have shown you are motivated. Focus on your personal reasons for managing your weight.



Here are some tips to keep your motivation high:

- Make your weight management goals a top priority.
- Have patience. Results take time!
- Set daily and weekly goals that are achievable. Write them down. Don't look too far into the future.
- Take it one day at a time.
- Reward yourself often for even the smallest accomplishment—treat yourself to a new outfit, a movie, or an outdoor activity.
- Do what it takes to get results! Results motivate!
- Use your Food and Physical Activity Diary to track your success.
- Exercise with others.
- Seek support from others.
- Everybody has setbacks. Making yourself feel guilty won't help. Learn from your setbacks and move forward.
- Do lots of positive self-talk (“I can do it!”).

