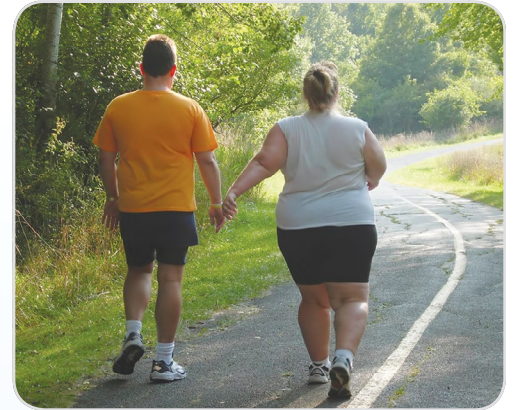




Change Your Behavior

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:
 - **Specific:** what will you do?
 - **Measurable:** how much and how will you know when you get there?
 - **Action-oriented:** commit to do it!
 - **Realistic:** make a goal you know you can meet.
 - **Time-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.

