

## **HOW TO BE SUCCESSFUL IN MAKING LIFESTYLE CHANGES:**

- **DON'T DIET.** ABANDON THE IDEA THAT YOU'LL GO ON A DIET AND QUICKLY LOSE A CERTAIN AMOUNT OF WEIGHT. THIS APPROACH ALMOST ALWAYS FAILS. INSTEAD, TRY TO MAKE HEALTHY EATING CHOICES THAT WORK FOR YOU.
- **THINK ABOUT YOUR RELATIONSHIP WITH FOOD.** DO YOU EAT WHEN YOU ARE BORED, STRESSED, OR SAD? DO YOU USE FOOD AS A REWARD? TRY MAKING A LIST OF OTHER WAYS YOU CAN COMFORT OR REWARD YOURSELF THAT DON'T INVOLVE FOOD.
- **SLOWLY CHANGE YOUR EATING HABITS.** IF YOU ARE READY TO IMPROVE YOUR NUTRITION, YOU MAY BE TEMPTED TO DO A DIET OVERHAUL AND CHANGE EVERYTHING ABOUT THE WAY YOU EAT. BUT YOU WILL BE MORE SUCCESSFUL AT STAYING WITH THE CHANGES YOU MAKE IF YOU PICK JUST ONE EATING HABIT AT A TIME TO WORK ON.
- **ESTABLISH GOALS YOU CAN REACH.** SET SMALL GOALS. YOUR GOALS SHOULD BE SPECIFIC, WITHIN YOUR REACH, AND FLEXIBLE. A GOAL TO SIMPLY EXERCISE MORE IS TOO GENERAL. INSTEAD, MAKE A SPECIFIC PLAN TO BE ACTIVE FOR A CERTAIN AMOUNT OF TIME EACH WEEK. FOR EXAMPLE, START WITH A GOAL TO WALK FOR 15 MINUTES 3 TIMES A WEEK, AND THEN SLOWLY INCREASE IT TO 20 MINUTES 4 TIMES A WEEK. WHEN YOU REACH THIS GOAL AND IT HAS BECOME ROUTINE, SET A NEW ONE. BUT REALIZE YOU MAY HAVE SETBACKS NOW AND THEN; IT DOESN'T MEAN YOU'VE FAILED.
- **MAKE DAILY PHYSICAL ACTIVITY A PART OF YOUR ROUTINE.** IDENTIFY WHAT KEEPS YOU FROM BEING ACTIVE OR EXERCISING. ARE YOU JUGGLING A DEMANDING JOB WITH RAISING KIDS? MAYBE YOU CAN START A WALKING GROUP AT WORK DURING LUNCHTIME. ARRANGE FOR SOMEONE ELSE TO PICK UP THE KIDS FROM DAY CARE OR SOCCER PRACTICE 1 DAY A WEEK SO YOU CAN MAKE TIME FOR PHYSICAL ACTIVITY. OR PICK AN ACTIVITY THAT YOUR FAMILY CAN DO TOGETHER, SUCH AS TAKING A BIKE RIDE OR PLAYING FRISBEE.