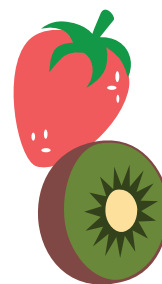






KEEP A FOOD JOURNAL

A food journal is one of the best tools for weight management. It helps you track what you eat, discover habits and learn where you can make healthy adjustments!



AT FIRST, FOCUS ON ADDING HEALTHY HABITS INSTEAD OF TAKING THINGS AWAY

Many diets start by eliminating certain foods or food groups, but deprivation doesn't work in the long run. Try adding a vegetable with every meal or upping your water intake as a start.



PLAN AHEAD

Life is busy! The more you can think ahead about when, where and what you'll be eating ahead of time, the more likely you'll be to stay on track. Think snacks, meals at work or school.



ALLOW YOURSELF SOME WIGGLE ROOM

An all or nothing mentality may be motivating at first, but can actually lead to binge eating and yo-yo dieting. Allow yourself the occasional treat- then practice not feeling guilty after you've enjoyed it.



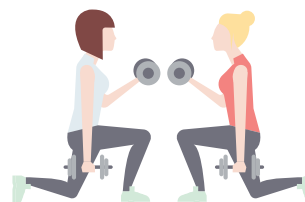
SET UP YOUR ENVIRONMENT FOR SUCCESS

Sometimes it can feel like junk food is all around us, but thankfully we can keep it out of our homes. Clean out your cupboards and throw away or hide tempting, less nutritious foods. Restock your shelves with nutritious foods that won't tempt you while you're watching your nightly TV. Instead have healthy foods available: fruit or ready to eat vegetables in the fridge.



MAKE SMARTER GOALS

Set an exercise goal like “I will walk 30 minutes a day, 2 days per week” instead of something vague like “I will walk more”. Making your goal specific and achievable increases confidence and leads to more success in the long run. Some exercise is better than nothing!



INVOLVE FRIENDS

Find friends, neighbors or even coworkers who might join you for some movement. You’re more likely to show up for your group fitness class or take a walk on your lunch break if you know someone is counting on you to be there.



CHANGE IT UP

Working out doesn’t have to be boring. Try as many different forms of movement as you can to keep your routine exciting for you... and more beneficial for your muscles!



FIND YOUR WHY

If you don’t feel excited to exercise, think about WHY you want to be healthier. Perhaps you want to be able to walk without pain on a vacation or be able to play at the park with your grandkids. Discover your reason for health and use that when you need a little extra motivation.



UNDERSTAND WHY SLEEP IS IMPORTANT

Getting a good night's rest will be easier if you understand how it will help you achieve your goals. Better sleep can lead to less stress, better health and even weight loss. Read up on the benefits of sleep and use your knowledge to encourage you to hit the hay a little bit earlier.



GET A BEDTIME ROUTINE

Studies have shown that having a bedtime routine can help you fall asleep faster. Pick a few, simple things to do every night before bed and do them consistently. You'll notice a calmer transition into bed and an easier time falling asleep.



TURN OFF YOUR SCREENS AT NIGHT

Televisions, cell phones, tablets and other screens trick your brain into thinking it's daylight. It can throw off your sleep cycle and make falling (and staying) asleep difficult. AND reading news stories and scrolling through social sites causes stress and anxiety. Turn off screens at least 30 minutes before bed to improve sleep.



TREAT YOUR SLEEP AS SACRED AND PRIORITIZE GETTING THE SLEEP YOU NEED

Sleep makes you healthier and more productive and it should be a priority. Sometimes that means saying no to social events or early morning workouts. Arrange your schedule so you can get the hours of sleep you need - your body and brain will thank you.



GET MEDICAL SUPPORT

For many people, managing weight isn't a do-it-yourself condition. Talk to your doctor about getting the medical attention that will help you reach your weight loss goals. There are medical solutions that have been proven to work to help people manage weight over the long-run.



LEARN TO IDENTIFY YOUR FEELINGS

It can be uncomfortable to sit with your feelings, but the more you can learn to feel and identify them, the better you will be able to cope in healthier ways. It will also help you better differentiate between physical and emotional hunger - which can lead to a decrease in emotional eating.



SAY NO TO THINGS THAT MAKE YOU FEEL BAD

Setting limits is a really important tool for good self-care. What's an area in your life where you can practice saying "No, thanks"?



START YOUR DAY OFF RIGHT!

How we feel in the morning determines so much about the rest of the day... is it possible to prioritize a healthy habit in the morning? (doing some exercise, eating a healthy breakfast, etc.)



PRACTICE MEDITATION OR BREATHING EXERCISES

Stress is a reality in our lives-- the question is, how do we manage it? Meditation is a tool that many people find helpful for managing stress.



FIND SELF-COMPASSION

Self-compassion isn't taking the easy way out; it's actually the best tool we have for learning. Research shows that people who have self-compassion are less likely to be anxious or depressed.