

Sticking with your weight-management plan

Staying on track

Whether you are trying to lose or maintain weight, staying on track can be challenging. However, with dedication, effort, and support from your healthcare team, you can find a plan that could help you. Here are some tips to keep moving forward with your weight-management plan.

Set specific goals

Start with small, achievable goals. An example may be to lose 5% to 10% of your body weight over six months. Once you reach that goal, celebrate your progress and set a new one. This may help you see results and keep you motivated to succeed.



EAT HEALTHY

Eating healthy foods in the right portions is one of the best changes you can make for your weight and overall health. Here are some things to keep in mind:

- Include a variety of nutritious foods like fruits, vegetables, whole grains, lean meats, poultry, eggs, seafood, low-fat dairy, nuts, seeds, legumes, and healthy fats.
- Limit sugary drinks, processed snacks, alcohol, and foods with added sugar, saturated fats, trans fats, or sodium.
- Stick to the calorie range recommended by your healthcare professional.

KEEP MOVING

Physical activity isn't just about burning calories—it may also have many other health benefits. This includes lower blood pressure and cholesterol levels, better heart health, stronger bones and muscles, and improved sleep. Here's how you can get started and get moving:

- **Check with a member of your healthcare team** before making changes to your physical activity routine.
- Start with just a few minutes a day and gradually increase to 30 minutes a day, 5 days a week.
- Choose activities you enjoy, so it feels fun rather than a task.
- Plan physical activities with your friends and family to stay motivated



Need extra support?

A registered dietitian or health educator can help you build a plan that works for you!

Not sure where to begin?

Ask for a referral to a physical therapist or medical exercise program.

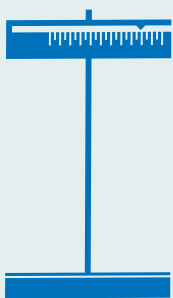


Staying motivated

Weight management is an ongoing journey and a meaningful investment in yourself. Staying motivated is key to maintaining the progress you've made and support long-term success. Consider these practical tips to help you focus on your weight-management goals:



Reward your progress



Celebrating your achievements, both big and small, may help keep you motivated. Plan something enjoyable for yourself when you reach your next goal or milestone. Focusing on the positives may help you build momentum in your weight-management plan.

Reward ideas _____

Keep a journal

Tracking your progress can help you identify any challenges you face or patterns you see to help you make timely changes to your weight-management plan. You may find certain times of day, week, or year are more challenging, and journaling can help plan ahead for those moments.

Weight _____

Body mass index (BMI) _____

Waist circumference _____



Review your goals regularly

You might find that your goals change over time, and that's okay; unrealistic goals might actually discourage your progress. Try to establish realistic goals that will produce results and motivate you to keep going.

My goal

Date

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Seek social support

Try building a support network of friends and family who believe in you and want to help you achieve your goals. They may want to join you in making lifestyle changes and celebrating your milestones. Consider joining an online community or support group to share experiences, challenges, and successes with others with similar goals to help you maintain motivation.



People in my network

| |
|-------|
| _____ |
| _____ |