Managing Your Weight

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 make long-term lifestyle changes:

- 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.
  - 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 using food as a reward.

- Avoid tempting situations and places that make you lose control, like “all-you-can-eat” restaurants.