



Healthy For Life
Weight Management

Losing Weight and Keeping It Off
With Stephanie Grover
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First things first:

1. Write your weight on your chart.
2. Draw a line from your 31st week's weight to the 36th.
3. Take out your F&F Log.
 - a) Were you all able to fill it most of the time?
 - b) If you doing something different, is it working?
 - c) Make a note about how you did this month.



This is me...12 years ago!!!!



Fast Forward - 2011



Making the Commitment and Getting Started

And then - the Plateau

What I've Learned



- Journaling
- Support
- Activity & Exercise
- Making Better Choices
- Don't Give Up!



*"Only as high as I reach can I grow,
 Only as far as I seek can I go,
 Only as deep as I look can I see,
 Only as much as I dream can I be."*

Questions



This Month:

1. DO what you've decided that you will to meet your goals.
2. PRINT the food and fitness log as needed.
3. RECORD your food, fitness and weight in your log at least once per month.
4. BRING your binder and log to our next webinar.

GRADUATION meeting Monday, June 10, from 12-1pm.

Let us know if you have any questions!