Staying in the Game

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Congratulations!
What changes have you made?
First Things First

1. Write your weight on your chart.
2. Draw a line from your 15th week’s weight to the 16th.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you’d like to change.
4. Take out your F&F Log.
   a) Were you all able to fill it out each day?
   b) Make a note about how you did this week.

What’s Next?

• Now is when you begin to move forward (a little) more on your own.
• This is also where we will take stock of where we are.
• It’s like driver’s education...
• You MUST begin to learn to trust yourself and celebrate success – this is another small step toward that.
What’s Next?

• 6 monthly webinars
• Add health coaching now if you would like to!
• Goal Setting and Achieving.
• Self-monitoring!

Status Check

Please send:

• A copy of your completed “How Am I Doing?” weekly weight record, including your most recent weight measurement.

• A full week of your log including:
  1. EVERYTHING you eat and drink, including water.
  2. All DELIBERATE activity/exercise you do each day – walks, classes, cleaning the house, active play with kids - anything you do purposefully to be more active.

• REMEMBER – this information is to help us help you better reach your goals. It is for this program’s use ONLY. Be honest – be complete.
Find your loophole...

Public Enemy #1: Lack of Motivation

• Staying motivated is one of the biggest challenges for many people.
• As you succeed, your source of motivation is removed.
• Or…you struggle and become exhausted.
Lose the Excuses!

• Take responsibility for your own situation.
• You can’t beat someone who won’t give up!
• Make the decision to change.
• Take Action!
• Talk yourself into it rather than out of it.
• Visualize your outcome. Remember how great you’ll feel once it’s done. Look ahead. Find your own carrot.
• Find patterns that work for you.
• Reward yourself!

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

~Author Unknown
Top 5 Motivation Tips

• Keep your focus by making a list and putting it in plain sight.
• Set your goals and be VERY realistic.
• Plan a treat for yourself when you have a good week.
• Take a picture of yourself in a swimsuit or form fitting outfit. Repeat the picture each month. Compare changes over time.
• Read inspirational stories of other people who have lost weight. Check out www.runsforcookies.com.

More Tips to Stay Motivated

• Post the graph of your weight loss on the refrigerator door.
• Participate in competitions or events.
• Make appointments with friends or family.
• Continue to keep track of your progress and monitor your goals.
• Continue to record what you eat at least one week per month. Don’t let it sneak up on you again!
• Weigh yourself at least once per week.
• Add variety!
• Celebrate your success!
• Engage in a competition with yourself or others.
• Call Us!
Public Enemy #2: Boredom

- What meals/snacks/foods are you most bored with?
- Think of new ways to vary your eating. It is an art.
  - Make one night a “try a new dish” or “ethnic night” or “vegetarian night.”
  - Go out to eat. What??
  - Chase information – magazines, Internet, classes, friends, family.
  - “share a recipe” party, prepare meals together, try new foods.

Reward Yourself!

“Rewards” are as simple or complex as you like.
- “I’ll go for a walk and then I’ll call a friend and chat.”
- I’ll have a wonderful, healthy meal and then take a bubble bath.”
- “I’ll keep track of my food for a week, and then buy myself flowers.”
- “I’ll save the money I’d have spent eating out/buying that double sugary coffee drink/buying snack foods and buy a <fill in the blank> instead.”
Meet Your Goals

• **Continue to** review and revise goals as you move forward. **Write** them down.
• Think through and **write down** barriers you think you may run into.
• Write down how will you work around those barriers.
• If you need to change your goal – **DO SO!** **Remember,** **achievable, specific, measurable, time for completion.**

*Tip:* Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.

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**This Month:**

1. **SEND** us a copy of the chart and log.
2. **DO** what you’ve decided that you will to meet your goals.
3. **RECORD** your food, fitness and weight in your log at **least** 1 week.
4. **BRING** your binder and log to our next webinar.

*Remember, our last weekly meeting is today.* We are switching to monthly **meetings for the next 6 months.**