

Goal Setting for Weight Loss

10 tips for success!

Elements of a Healthy Lifestyle

- The key to losing weight is a commitment to establishing a healthy lifestyle, including:
 - Healthy Eating Habits
 - Lots of Physical Activity
 - Plenty of Sleep
 - Good Hydration
 - Reducing Stress
 - Eliminating or cutting back on Alcohol and Cigarettes

Elements of a Healthy Lifestyle

- By working on lifestyle changes instead of fad diets or exercise binges, you can achieve more than just a healthy weight.
- Healthy lifestyles decrease the incidence of diseases like cardiovascular disease, diabetes, depression and much more.
- As you set goals for weight loss, keep in mind that it's the lifestyle changes that will help you lose weight and keep it off!

Tip #1

● Personalize your goals

- Everyone is different.
- Make a plan that works for your schedule and your current fitness level.
- Include healthy foods that you enjoy.
- Exercise can be fun!

Tip #2

● Aim for Realistic Weight Loss

- 1-2 pounds per week and up to 1% of your body weight.
- To accomplish this you must burn 500-1,000 calories more than you consume everyday.

Tip # 3

● Focus on the Process

- The outcome is secondary
- Example of a process oriented goal:
 - “I will exercise for a half hour every day.”
- Example of an outcome oriented goal:
 - “I will weigh 160 pounds by Christmas.”

Tip # 4

● Consider both short-term and long-term goals.

- Example of short-term goals

- “I will have a salad for lunch everyday this week.”
- “I will jog 1 mile three times this week.”

- Example of long-term goals

- “I want to eat less meat and more fruits and vegetables.”
- “I am going to run a marathon someday.”

Tip #5

● Write it down

- Write your goals down on paper and display them in a visible place like the refrigerator door.

Tip #7

● Small Changes Count

- Creating a healthy lifestyle is a long process.
- Congratulate yourself for the little changes along the way.

Tip # 8

● Expect Setbacks

- Setbacks are a normal part of behavioral change.
- Times of celebration, like the holidays, and times of stress are both vulnerable periods where people fall into old habits.
- Don't give up after a small setback!

Tip # 9

- Evaluate your progress.
 - Review your goals weekly.
 - What worked?
 - What didn't?
 - How will you reach your goals next week?

Tip # 10

● Reassess and Readjust.

- You can alter your goals.
- If you started small, you might be ready for a bigger challenge now.
- If you took on too much at once, maybe take a step back.
- If you find yourself altering your goals very often, perhaps consider how realistic the goals are.