

LEARN ABOUT

STEPS FOR LOSING WEIGHT



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

Step 1: Know Why You Want to be Healthier

- Think about why you want to lose weight. Maybe you want to feel better, move more easily, or stay healthy because of your family history
- Write down your reasons and put them where you can see them every day. This will help remind you to keep going

Step 2: See Where You Are Now

Keep track of your habits for a few days:

- Food: Write down everything you eat and drink
- Exercise: Write down what you do, when you do it, and for how long
- Sleep: Write down how many hours you sleep each night
- Stress: Write down how you deal with stress in healthy ways

Step 3: Set Small, Clear Goals

Make goals you can reach in a short time, such as:

- Drink more water or unsweetened tea
- Take a 15-minute walk after dinner
- Eat vegetables with your lunch and dinner

Pick 2 or 3 goals to work on and ensure they are realistic and clear. If you have a setback, don't give up. Try again and think about how to handle the situation next time. Remember what works for someone else might not work for you and that's okay.

Step 4: Get Support

- Ask family or friends to support your healthy choices
- You can also join a fitness group, talk to a doctor or nutrition expert
- Look for local help, such as food pantries, farmers markets, parks and trails

Step 5: Check Your Progress

- Check your goals often to see how you're doing
- Think about what's working and what needs to change
- If you're doing well with a goal, try a new one to keep improving
- Celebrate your wins, you've earned it