

Setting Healthy Goals

The first step to achieving results is setting a realistic goal. No matter what the reason, successful and healthy weight management depends on sensible goals and expectations. If you set sensible goals for yourself, chances are you'll be more likely to meet them and have a better chance of managing your weight long term.

Setting healthy goals at the start of an ongoing program can help you change and improve your physical activity and eating habits. To set goals that are right for you, think about what you want to change and why, and what steps you can take to reach your goal. These changes don't have to be big. Even small steps can make a difference. Also, think about who can help you, and how you'll reward yourself for making these changes.

5 Steps to Setting Goals

Make a choice - Look at your body, your quality of life. What do you really want to have?

Be specific - Leave no detail left behind.

Find Your Reason – Now that you know what you want to change, ask yourself WHY?

Form your plan – What is it going to take to get there? What are you going to have to do?

Take action - Do you know what the number one cause of failure is in most people's lives? Never taking action. We develop these comfort zones and become afraid to step out of those boundaries and really go after our goals. We know that we must change; we know that we have to follow our plan to be happy, but seldom do. Do not let your written plan of action go to waste. Start immediately on working towards your goals!