

Motivation Boosters for Healthy Living

Are you in the "I know I should, but" rut? Many people can think of obstacles to better health, but all of them can be overcome. Start investing in your health today.

- Make lifestyle changes with a friend or family member. A partner increases the enjoyment factor of physical activity and healthful eating.
- Set realistic, short-term, attainable goals.
- Track your progress over time. Since weight fluctuates from day to day due to fluid loss and retention you may not get a true picture if you weigh yourself too frequently.
- Celebrate any success. Weight loss doesn't need to be an all-or-nothing venture. Even small changes can make a difference in your health and reduce your risk for disease.
- Move it to lose it. A physically active lifestyle offers many rewards – from heart health to strong bones to stress relief, plus many other benefits.
- Enjoy how good your healthy weight feels. You may reward yourself with a new garment, a bouquet of flowers, a new music CD or a special outing.
- Expect to be successful. Positive self-talk and an enthusiastic approach to a healthful lifestyle set you up for success.

If you really want to change your lifestyle, you can do it! Don't get overwhelmed – make changes slowly. Eating healthfully and getting regular physical activity will only make you feel better.