

ready to
change
your way to better health



Staying motivated with your weight loss

Often the things that motivate you to start changing your lifestyle to lose weight, are not the same things you need to maintain those changes. It's important to think about what motivates you to continue making any changes to your diet and the level of physical activity you do. It's easier to maintain changes if you have at least one thing that motivates you. For instance:

- Being satisfied and happy with what you have achieved. You're now eating a more healthy balanced diet and feel good about it. Or you're now doing different forms of exercise, and enjoying them and feel good about it.
- Enjoying doing that new behaviour. It could be cooking using healthier ingredients or walking new routes along the coast
- The new behaviour is more in line with who you are or what you believe in.

It may be useful to think about these motivators and how they are relevant to you. To do this, try completing the below statements. You can print this off and fill in:

The thing I am most satisfied about with my new healthy eating or physical activity choices are:

The thing I most enjoy about my new behaviour is:

My identity, beliefs and values matches my new behaviour of: