

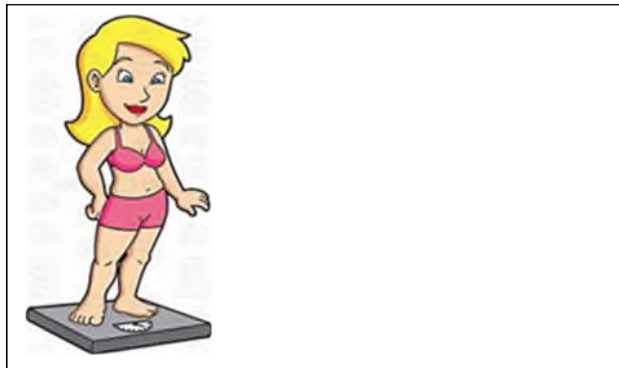
WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

JULY 22, 2019

IF YOU FAIL TO PLAN, YOU PLAN TO FAIL!

SETTING GOALS IS A FORM OF PLANNING...AND AS YOU ALREADY KNOW, PLANNING IS THE KEY TO SUCCESS! WITH THAT IN MIND, HERE ARE SOME TIPS TO SET SOME REALISTIC PERSONAL GOALS. YOU ALL SPEND QUITE A BIT OF YOUR TIME ON THIS CLASS – NOT ONLY COMING TO THE HEALTH DEPARTMENT EVERY MONDAY AFTERNOON, BUT ALSO ON KEEPING FOOD RECORDS, APPLYING WHAT YOU'VE LEARNED TO DIFFERENT AREAS OF YOUR LIFE (AT THE GROCERY STORE, WHEN YOU EAT AWAY FROM HOME, WHEN YOU TAKE THE TIME TO TAKE CARE OF YOURSELF AND PREPARE HEALTHY MEALS, GOING TO THE “Y”, ETC. ETC.!)...IT ALL ADDS UP! WHAT DO YOU HOPE TO GET OUT OF THESE DISCUSSIONS??? WE'VE ALL HEARD THE EXPRESSION, “YOU GET OUT OF IT WHAT YOU PUT INTO IT.” SO TRUE! WITH THAT IN MIND, LET'S GET TO WORK!

1. EVERY GOAL HAS A STARTING POINT. USE THE WORKSHEET (SPARKPEOPLE) TO FIGURE OUT YOUR SPECIFIC, PERSONAL TARGET.
2. GET REAL! BREAK YOUR GOAL INTO MANAGEABLE SUB-GOALS. MAKE IT DETAILED AND SPECIFIC. LIKE THE WORKSHEET SAYS, THINK OF ANSWERING WHO / WHAT / WHERE / WHEN / HOW. IT'S MUCH MORE PRACTICAL TO THINK OF YOUR WEIGHT LOSS ON A WEEK – TO – WEEK BASIS, RATHER THAN TO LEAVE IT AS A VAGUE, BLANKET STATEMENT, SUCH AS, “I WANT TO LOSE 50 POUNDS!” YES, MAYBE THAT DOES HAPPEN TO BE YOUR ACTUAL GOAL...BUT IT'S MORE REALISTIC (AND MUCH MORE MOTIVATING!) TO SAY, “I WANT TO LOSE TWO POUNDS PER WEEK.” PER WEEK.”



BY THE WAY, BE SURE TO STATE YOUR GOAL IN A POSITIVE FORM. FOR EXAMPLE, "I WON'T SKIP MY EXERCISE" IS VAGUE AND DOESN'T EXACTLY SAY WHAT YOU WILL DO. INSTEAD, CLARIFY THAT STATEMENT AND PUT IT INTO MORE OF A DO THAN A DON'T. TRY SOMETHING LIKE THIS: "I WILL EXERCISE 5 OUT OF 7 DAYS OF THE WEEK." THEN, WHAT BEHAVIORS WILL LEAD TO THIS GOAL? KEEP IT AS SIMPLE AS POSSIBLE! SUCH AS:

- I WILL SET MY ALARM CLOCK 10 MINUTES EARLY
- I WILL LAY OUT MY WORKOUT CLOTHING THE NIGHT BEFORE
- I WILL MAKE A DATE WITH MY FRIEND TO WALK AFTER WORK

3. BE SURE TO MAKE YOUR GOAL(S) MEASUREABLE. DEPENDING ON WHAT THE GOAL IS, YOU'LL HAVE TO THINK OF IT IN TERMS OF SOMETHING OBJECTIVE. POUNDS? MILES? DAYS? I'LL GIVE YOU SOME EXAMPLES!

4. MAKE YOUR GOAL ATTAINABLE. IF IT'S NOT, IT'LL ONLY BE A SOURCE OF FRUSTRATION FOR YOU.

5. THIS STEP SAYS MAKE YOUR GOAL RELEVANT...THAT'S ANOTHER WHY PART! MAYBE YOU HAD AN ABNORMAL LAB RESULT? YOUR FAVORITE JEANS ARE TOO TIGHT? KEEP THE GOAL-SETTING SHEET IN A VISIBLE PLACE AS A REMINDER.

6. MAKE IT TIMELY...LIKE DEANNA DID!

HERE ARE A FEW "SECRETS" TO AVOIDING SLIP-UPS!

1. BE PREPARED FOR OTHERS WHO MAY WANT TO SABOTAGE YOUR PLANS. WE'VE TALKED ABOUT THIS BEFORE.

2. IDENTIFY AND AVOID TEMPTING SITUATIONS.

3. FIND SUBSTITUTE ROUTINES. IF YOU'RE IN THE HABIT OF RELAXING WITH A BIG BOWL OF ICE CREAM BEFORE BED, PERHAPS YOU COULD RELAX WITH A NICE COOL BATH, INSTEAD! (THAT'S SUPPOSED TO BE "HOT BATH," BECAUSE IT WOULD HELP YOU SLEEP. HOWEVER, WHEN IT'S 92 DEGREES OUTSIDE, THAT SOUNDS HORRIFIC!)

4. TAKE IT WEEK – BY – WEEK...OR DAY – BY – DAY! (HOUR – BY HOUR, IF NEED BE!) KEEP IN MIND THAT YOU REALLY CAN DO ANYTHING FOR 24 HOURS! WHEN YOU'RE HAVING A PARTICULARLY ROUGH DAY, RE-COMMIT TO CHANGING YOUR BEHAVIOR FOR JUST ONE MORE DAY!

5. DON'T FORGET H.A.L.T.! PRIME TIMES FOR RELAPSE: HUNGER, ANGER, LONELINESS, AND / OR TIRED. WHAT WILL YOU DO WHEN ONE OR MORE OF THESE OCCUR? AS ALWAYS, THE KEY IS TO PLAN!

WHAT TO DO AFTER A SLIP-UP!

1. REMEMBER THAT A SMALL LAPSE DOESN'T HAVE TO LEAD TO A FULL-BLOWN RELAPSE! GIVE YOURSELF A DO-OVER!

2. REFER BACK TO YOUR GOAL-SETTING WORKSHEET. REFRESH YOUR MEMORY OF WHAT YOU'RE ULTIMATELY TRYING TO ACCOMPLISH.

3. ENGAGE YOUR SUPPORT SYSTEM. PHONE A FRIEND, USE YOUR JOURNAL, WHATEVER YOU NEED TO DO.

4. REVIEW WHAT HAPPENED. THINK ABOUT THE EVENTS THAT LEAD UP TO YOUR FAILURE AND RE-EVALUATE YOUR REACTION TO THESE EVENTS. NEXT TIME, YOU CAN BE PREPARED TO MAKE A BETTER CHOICE.
5. CONGRATULATE YOURSELF ON THE PROGRESS YOU'VE MADE SO FAR. YOU MAY EVEN WANT TO REWARD YOURSELF ALONG THE WAY FOR REACHING YOUR SUB-GOALS. BE GOOD TO YOURSELF!!!

WHAT WAS YOUR "MEATLESS MEAL?"

OUR "NO!" FOOD FOR THIS WEEK: **NO ICE CREAM / FROZEN TREATS**

