

Tips that Count

Wellness information for your journey to a healthier you!

Keep that Positive Perspective

Maintaining a positive perspective when making life changes can be a challenge, but many people find that following a few simple guidelines can help.

Establish realistic goals. Dramatic changes tend to disappear dramatically; gradual changes stay with you for a lifetime. Make a list of your long-term goals. Break down goals into smaller, more manageable steps, which are easier than dramatic changes. For example, losing 10 pounds in six months instead of one; eat fruit instead of a pastry for breakfast. Reset new goals as you achieve earlier ones.

Ensure that your goals have immediate, relevant benefits. In general, internal motivators (getting healthy, feeling better) lead to long-term success. But start with something specific, such as climbing stairs without becoming winded.

Write down your goals. They may include reaching and maintaining a certain weight, feeling more energetic or reclaiming a sense of control over your life. Break this list into manageable chunks.

Share your goals with someone else. Support makes the job easier and more pleasant. Telling the people closest to you about your intentions announces that you're serious and committed to your new lifestyle.

Focus on your successes, not your failures. New goals will become much easier to achieve if you remember you have tried and succeeded before.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.