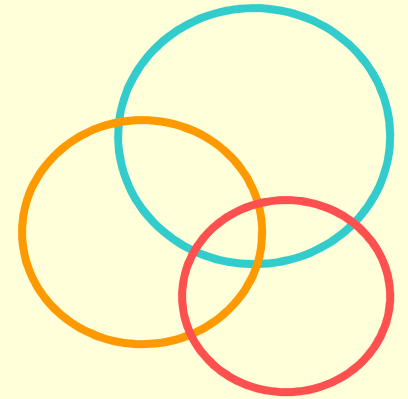


Wellness Workshop

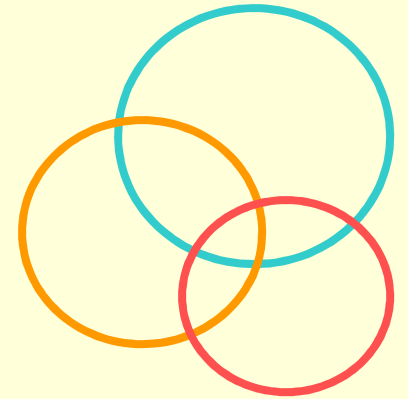
Maintenance

Don't Stop



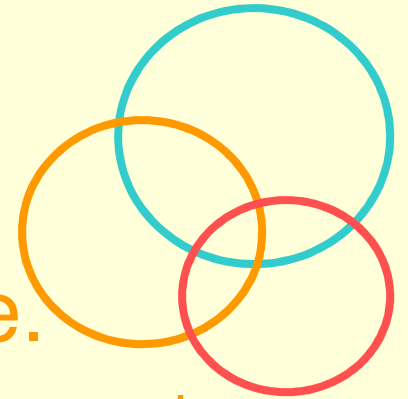
- One of the *biggest mistakes* you can make is to stop your efforts.
- Just because you lost the weight doesn't mean you can return to your old habits.
- Don't see your improved eating as a “diet”, see it as a positive, and permanent, life change.
- Don't stop exercising! This is a necessary part of a healthy lifestyle, not just to keep the weight off.

Experiment



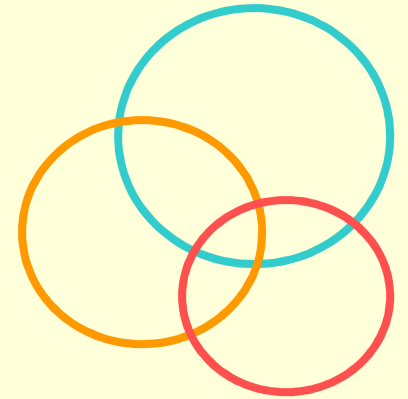
- Once you reach your goal, keep doing the same exact things you were doing for one more week.
 - If you lose weight, just add back 25-50 calories per day for another week.
 - Keep doing that until your weight doesn't budge.
 - Once you hit that plateau, stick with that routine, and nothing should change.

Exercise



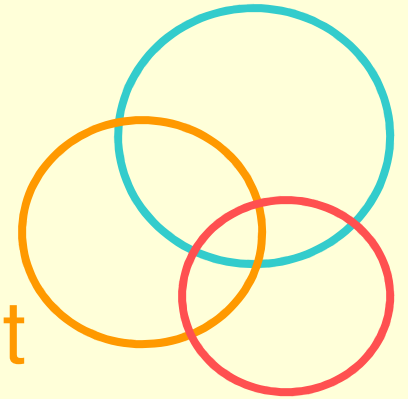
- Keep up the same exercise routine.
 - If it was too strenuous to keep up long term, create a new routine that is doable and cut back on your calorie intake.
 - If you gain some weight back once you adjusted the workout, you may have lost weight too quickly.
 - To fix this, keep to your new workout and keep adjusting your calorie intake until you start to lose weight again.
 - Readjust once you reach your goal weight.
- See exercise as a privilege and a healthy part of life, instead of a means to an end.

Every Day



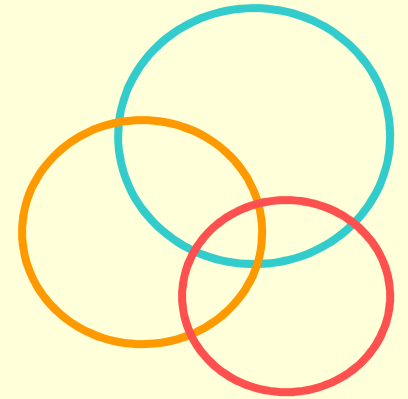
- Step on the scale every day
(or every other day, but no less)
 - This allows you to catch an upward trend as quickly as possible.
 - Make adjustments as necessary.
- Plan your meals and exercise
 - Make it a normal part of your routine to manage your calorie intake and calorie burn.
- Re-evaluate your goals and your plan
 - Are you headed in the right direction?
 - Is this what you want? Why?
 - Can I change anything? Do I need to?

Throw Them Out



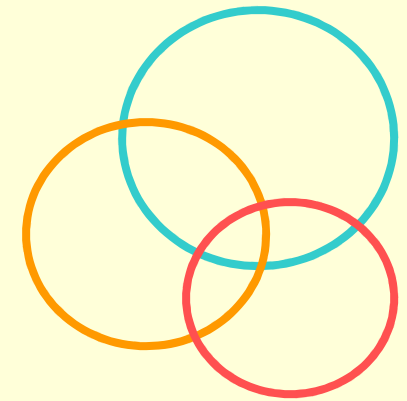
- If you still have clothes that don't fit your new body, get RID of them!
 - If you keep them, you are subconsciously telling yourself that you will need them again.
 - When you throw them out, or donate them, you are solidifying your trust and confidence in yourself.
 - Every time you open your closet, you are reinforcing the idea that “this is my size”
 - Only exception: one or two items that remind you of how far you have come.

When It Goes Wrong



- If you start to gain weight again, nip it in the bud, NOW.
 - It's easy to let one or two pounds turn into 20.
 - Keep your confidence up by not giving up if some of the weight comes back, immediately change something that will bring it back down.
 - These little victories will go a long way.

When It Goes Wrong



- Life happens...
 - Don't use every set back as an excuse to give in.
 - It takes just as much work to keep up your new lifestyle as it did to start it.
 - Take every challenge as it comes, work through it, make a plan for each new day, believe in yourself, and you will succeed.
- Focus on your health.
 - The energy and vitality you feel are much more important than how you look.