

Getting Started

What do I do?

1. **Prep your kitchen for success:** Get rid of the junk! Throw it away, give it away, anything- just rid your home, office, and car of junk food so it is not there to tempt you. This includes:
 - cookies – candy – pastries – ice cream – fried foods – chips -
2. **Get into the right mindset:**
 - A- Set a goal for what you want to accomplish.
 - B- Make it very specific- how many pounds? How many inches?
 - C- Make it attainable. (If the goal is too extreme or too vague, it will be difficult to visualize and accomplish.)

Write your goal on post-its and put them on your mirror, fridge, planner, and TV. These will help remind you of your goal and that you need to take steps to reach it. A few positive affirmations posted next to the goal will help you be reminded that you are worth the changes you are making. Because you are!
3. **Begin an exercise regimen:** All you need is 20 minutes a day of purposeful movement. Find something you like to do! Exercise doesn't have to be torture. If you do something that is fun, you won't even realize how much energy you're expending. Find an exercise book with easy instructions and pictures in it, or buy a DVD that has more than one routine on it so you don't get bored.
 - Make it easy for yourself. This doesn't mean you shouldn't work hard while exercising. It means that if your equipment is behind the couch and under a pile of toys or clothes, you're not going to want to get to it! Keep everything in an easy to reach place so all you have to do is pick it up (or get on it) and use it.
4. **Track your food and exercise:** Keeping a food log has been shown to be one of the best ways to lose weight and keep it off. Knowing how much you are really taking in, instead of guessing, can help you to fix problems areas and figure out if you have certain triggers that prompt you to eat.
 - Keeping track of you exercise allows you to keep pushing harder. You know what you did last time, so this time you can try to do a little more. It allows you to track your progress and *see* the improvement you are making. Both logs are great motivators because the results are right in front of you and you stay accountable by having to write everything down.
 - dumbbells – jump rope – exercise bands – mat – fitness ball -
5. **Get support:** Ask your family and friends to take on this challenge with you. Working together to keep each other motivated is a great way to stay on top of your goals.
 - If you cannot get them to join you, at least ask for their support. Explain to them how important it is to you to be healthy, and even if they don't want to make the same changes, their love and support would be appreciated. Knowing that someone is rooting for your success can be very motivating.