

NEW HORIZON MEDICAL

|JULY 2022|

Health Tip of the Month



PARTY PLANNING



Do you have big plans for July 4th? Is the summertime especially challenging with all the cookouts, vacations, and general disruptions to your routine?

These events do not need to sabotage your weight loss efforts.

Remember your *why*. What is it that got you started on your weight loss journey? Come back to that when these events come up. Share those reasons with your family and friends. They will likely be supportive. If they're not, you might want to reconsider socializing with them anyways!

Let people know that although the lifestyle changes will be forever the restrictions will not be!

IDEAS FOR PUTTING IT INTO PRACTICE

BRING SOMETHING YOU CAN HAVE

If you know you are going to an event that will have many off-plan items, be sure to bring something you can have and fill up on that. If you can't bring something look for on-plan items right away. It's okay to have deviations but make sure those things are in the minority.

USE THEM AS MOTIVATION

Are you going to be seeing family/friends you have not seen in a while? Use the event as motivation to display all the healthy changes you've made for yourself!