

NEW HORIZON MEDICAL

|AUG 2022|

Health Tip of the Month



GETTING BACK ON TRACK

Have you gotten off track with the summer festivities? That's okay, there is no better time to get back on track with your weight loss journey. It is very normal for this journey to have ups and downs. So, make a plan to refocus your attention on it before the holidays.

Lifestyle changes are challenging. Two tips (1) set realistic goals (2) embrace the process. Do not expect that this is all going to happen overnight and then feel defeated when it does not. Set achievable goals along the way and focus your attention on achieving one at a time. Recognize that there are a lot of factors that impact the ability to adhere to plans. Some aspects may be easier than others and this is all part of the process. It is your job to find ways to realistically navigate the plans long-term.

Bumps along the way help arm you with tools to utilize in the future. So, embrace these challenges knowing they will only make you stronger!

IDEAS FOR PUTTING IT INTO PRACTICE

REVISIT YOUR WHY...

What was it that got you started on this journey? Revisit that reason to renew motivation. It might even be helpful to write it down daily or in a place where you will see it often.

DECIDE TO DO IT TODAY

Have you ever told yourself, "I'll start tomorrow" or "I will start next week?" Today is the day. There is no time like the present to commit to change. This is the sign you've been waiting for. Not tomorrow, not next week, let's do it now!