

# Getting Ready to Lose Some Weight?

You are getting ready to make some changes to lose weight. Great! You are moving in the right direction.

Here are some tips that may be important for your success:



- Set a date to begin.
  - Focus your attention on the positive benefits you will get from losing weight.
  - Make weight control changes a top priority in your life.
  - Make a “SMART” plan to begin. **SMART stands for:**
    - **Specific:** There are specific actions to take to reach the goal.
    - **Measurable:** You know how much to do and when the goal has been achieved.
    - **Action-oriented:** Take action to achieve your goal(s).
    - **Realistic:** The goal is practical given your resources and time.
    - **Time-based:** There is a specific timeframe to achieve the goal.
- Example:** “I will walk up the stairs (*Specific, Realistic, and Action-oriented*), once daily (*Measurable*) for the next month (*Time-based*).”
- Plan how to deal with things that might get in your way.
  - It is OK to make small changes.
  - Find others who will support you in a positive way, and tell them what you are about to do. Ask for their help and encouragement.