

GETTING PREPARED

FOR A WEIGHT LOSS PROGRAM



Write down why you are doing this

Was there a turning point when you were finally fed up? Was it your doctor who asked you to lose weight? Do you feel tired all the time? Do you need more energy? Time to get beach-ready? Re-reading what you wrote will help you in moments of weakness.

Planning is everything

Your shopping list, meal prep, dining out, exercise schedule, weigh-ins, and so on, all need to be planned out. Think through the specifics about what your next sixty days might look like and anticipate as best as you can on how to overcome potential obstacles.

Study and monitor your stats

Record your initial starting weight, calculate your BMI (Body Mass Index) and WtHR (waist-to-height ratio), measure your waist and hips, take a before picture (put it on your motivational/vision board), and, finally, check your blood sugars if you are on medication. You can monitor your numbers yourself and let your primary care physician know of any changes.

Involve your support base

When making a life change with eating habits, the first few days are the hardest. We all need support, and we should ask for it. Tell your close friends or family that you need them to be encouraging and supportive. Let them know why you are doing this program and why it is important to you (and to them). You can also forward a SOZA information sheet to your primary care physician. Ask your provider for this sheet or visit our website. We cannot stress enough that support is essential to success.

Get mind-ready

Believe in yourself and know that you can do this. Research shows a positive and optimistic attitude will help you succeed. Put that growth-mindset to work. One of our participants, Richard Hays, said it perfectly on TV, "You only get what you put into it."