

# Can't weight to **get started**

Week 1

## Information sheet

To get off to a good start with your weight loss program, it's important that you start by being prepared. Preparing for success includes removing tempting foods from your kitchen, making sure you have a support system in place and, most importantly, believing you can complete the program. The following project goals have been set for **Week 1** and will help prepare you for the next seven weeks. If you have already achieved some of these goals, simply check them off. Read over these goals and then decide which ones are the most important for you to work on. Be sure to write them down in the personal project goal area of your Weekly Activity Log.

### Prepare your kitchen for success

Is tempting food lurking in your refrigerator or kitchen cabinets? If so, this is a good time to clean it out since these foods can make it difficult for you to stay in control. For example, if salty foods are your downfall and you have potato chips in your pantry, you may succumb to eating them during a weak moment. It is also important to enlist the support of your family members in cleaning out the “junk” foods. If children or spouses have tempting food around, ask them to put the food somewhere else so it is not visible to you.

### Gather a support system

Talk to your family and friends about your goals and elicit their help. Do you have a friend or family member who would make a good walking partner? Think about forming a team at work with other participants and make a date to walk at lunch. Talk to your family about not tempting you with off-limit foods and share fun tips or recipes you've learned with your co-workers.

### Collect exercise gear and clothing

Decide what kind of physical activity you plan to participate in over the next several weeks. Think about your lifestyle and what is fun for you. If walking is a priority, be sure you have a good pair of walking shoes. (Using a pedometer and tracking your steps is also very motivating.) Or, if you plan on attending a yoga class, make sure you have a pair of loose fitting, comfortable pants. Whatever fitness program you choose, always have your clothing and gear ready ahead of time to help motivate you.



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## Information sheet *continued*



### **Begin a food diary**

Studies show that individuals who keep a food diary are the most successful with their weight loss goals. Make a promise to yourself that you will record everything you eat to help make you aware of any unconscious eating that you do. A food diary will help you learn how much you are eating and the reasons why you eat. Once you are aware of these behaviors, it will become easier to substitute new and healthier ones.

### **Visualize success**

A positive attitude is important in any new endeavor. If you tell yourself you will succeed, chances are you will. Each day when you wake up, try looking in the mirror and telling yourself that you are going to have a great day and you will make good choices. If you miss reaching a goal, learn from your mistakes and start again. Try to visualize several times a day what life will be like when you reach your goal. What will you look like? How will you feel? Will you have more energy? What will your family and friends think? These are important motivators to keep you on track.

### **Practice time management**

Busy schedules can make it difficult to find time to exercise, prepare a brown bag lunch or cook a healthy meal. Take a good look at your schedule and see where you can carve out time for yourself. Could you get up 30 minutes earlier to be sure you get that walk in? Maybe you could prepare extra food at dinner so that you could have leftovers for lunch. Instead of trying to memorize a “To Do” list, write it down so you will stay organized. Whenever you have a few minutes, look at your list to see what you can check off.

### **Sign your personal contract**

By signing this contract you’ve made a commitment to your health. Be sure to include a clearly defined, personal goal for this program, such as “I want to lose 15 pounds and have more energy.” Just as important as stating your goal is writing down why you want to do this. Perhaps you want to reduce or eliminate blood pressure medicine or look better in your clothes. While most people want to lose weight so they can look great for an upcoming event, such as a wedding or reunion, the desire to feel better and improve your health will sustain your weight loss long term. Place your contract somewhere in your office and home to remind you of your goal. By following a sensible program and gathering support you can shed pounds safely and keep them off.

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Don't Weight to **Feel Great**