



# Maintaining Your Momentum

How to keep the weight off & continue your journey for a healthier life

- 1. Make Realistic goals.** Don't change more than 2 behaviors at a time to increase your likelihood of success in maintaining your goals long term. Be sure that all of your goals are...**S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely.
- 2. Have a Support System.** Take advantage of family and friends to get you through hard times. Don't be afraid to share your goals with them as a method for accountability. You may want to set ground rules prior to this relationship so the person knows the level of encouragement you would like as you move forward.
- 3. Get in your 8 hours of sleep.** Poor sleep patterns decrease the secretion of Leptin making you feel less satisfied after eating. At the same time, the hormone, Ghrelin, is increased which stimulates appetite.



- 4. Keep your goals upfront and center.** Write down your goals and place them in locations where you'll see them every day (i.e. bathroom mirror, kitchen cabinet, desk at work).

Goals that are not

**WRITTEN  
DOWN**  
are just  
**WISHES.**



- UNKNOWN -

- 5. Reward yourself for your success.** Don't forget to give yourself a pat on the back for all of your hard work. Changing behaviors isn't easy! Use rewards that continue to support your new habits such as workout clothes, a massage, or

treating yourself to a dance class.

- 6. Write out meal plans for the week.** Track your meals before you eat to avoid any late afternoon surprises.
- 7. Keep a journal** to learn from your successes and failures and continue tracking your weight each week to avoid slipping.



**8. Don't Diet!** Be sure you think of your new eating habits as a lifestyle change rather than a restrictive diet. Restriction leads to cravings; whereas a lifestyle change is a whole-body approach that dominos into all aspects of your life and health.

**9. Use technology to keep you on track.** You have your phone with you all the time so why not use it to improve your health. Use apps such as My Family Meal Planner or My Fitness Pal to keep you on track!



**10. Participate in physical activities you enjoy.** If you are participating in activities you enjoy you are more likely to stick with them! So, find yourself a new hobby that you can do with friends and can combine exercise and fun.

**11. Start your morning off right...eat breakfast!** But don't take my word for it...The National Weight Registry contains individuals who have maintained a 30-pound or more weight loss for at least a year. Of those, 78% ate breakfast every day and almost 90% ate breakfast at least 5 days a week.

**12. Change your self-talk.** Don't forget that you can be your biggest enemy or your biggest fan! Throw away "but" and use "and...so".

**13. Have a plan.** Changing your lifestyle is a continuous process, so make it easy for yourself by pre-planning. Plan your meals, plan your snacks and plan your exercise. Make the healthy lifestyle the easy choice by learning from your mistakes and preparing for future barriers.

**14. Use your health coaches!** We are here to help so tell us what we can do to help you make the healthy changes you've been hoping for in your life!



**OMC Wellness Center Health Coaches**

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*Every strike brings me closer to the next home run. –Babe Ruth*

