

Final Stretch

You are now in your last week of the GET Fit Lubbock program. Congratulations, staying with the program is a fantastic achievement! Although the program is nearing an end we hope you will continue with your efforts. Weight management and staying fit require a long-term commitment to eating healthy and exercising regularly.

Tips for Making Permanent Changes

- **Keep your goals in mind**
 - Go back and look at the goals you set at the start and review your reasons for beginning this program.
 - When you feel your motivation decreasing, review your goals.
 - As you review your goals, modify/ revise them when necessary.

- **Stay Informed**
 - Read about good nutrition.
 - Attend lectures and workshops presented by knowledgeable and reliable professionals.
 - Read food labels when shopping.

- **Develop a Support System**
 - Find people in your life who share your health and fitness goals.
 - You can offer one another support- i.e. eating healthy meals together, exercising together, etc.

- **Monitor Your Progress Regularly**
 - Weigh yourself once a month
 - If you see your weight increase by more than 5 pounds, cut back on your food intake and/or increase your exercise until your weight comes down.
 - Keep track of your physical activity
 - Track the minutes and days a week you exercise.
 - Monitor ease of activities and increase intensity level as needed.
 - Example: If 5 pound dumbbells become easy to lift, try increasing to 7 or 8 pound dumbbells.

- **Keep a positive attitude**
 - Think of eating healthy and exercising as a normal lifestyle, not as a temporary method to lose weight.

- **Give It Time**
 - Studies have shown that it take 2 to 3 months before a new habit is created.
 - If you find yourself slipping back into old patterns, keep reminding yourself this is a normal part of the change process and get back on track right way.
 - As time goes by you will find it gets easier to maintain your new lifestyle behaviors.