

## The ABC's of Weight Loss

**A**lways plan your day. Lay out your day. Have three snacks available if needed. Have a list of distractions in case you have a craving.

**B**egin your day with Medifast. Within your 1<sup>st</sup> waking hour.

**C**onsistency/**C**ourage. Be consistent; don't let others throw a wrench in your program. Take great courage to change possibly years of bad eating habits

**D**rink lots of water

**E**xercise. Start an exercise program during month two. By then you will have lost some weight, feeling great and be well on your way!

**F**ocus. Stay focused! Keep a diary of how you are feeling, what you ate, and positive statements about your progress.

**G**o the distance. Look ahead. Have a vivid vision of what you will be doing 6 months from now. How will you look, what will you be wearing, how do you feel, what have you accomplished?

**H**ave Fun!! Do not get bogged down with every day life. You are beginning a new era of feeling good and getting your health back! Choose a new activity you've wanted to do. Exercise with a friend or family member. Learn a new sport with your child.

**I**nvest in your health! Join a gym. Buy an exercise ball or exercise video tape. Good running shoes, frequent Dr.s appointments. Whatever it is treat yourself well...You're worth it!

**J**ust Do It!! The type of exercise is not as important as the fact that you are doing something. Continue to find ways to get exercise into your life in fun and easy ways. Park farther from the stores, walk up steps, and wear a pedometer to count your steps. It will help you to get up and get moving!

**K**ee a shake package and bar in the car at all times in case of emergency.

**L**ive for today! Don't think about what happened yesterday do not live in the past. Start each day with empowering and refreshing thoughts.

**M**unch on healthy snacks! Choose celery, broccoli, cucumber, or pickles. If something sweet is on your mind...choose sugar free Jell-O, sugar free pop cycles, or our delicious Medifast pudding or shake. Cut up a bar into tiny pieces and refrigerate them and take just a few bites out for a quick chocolate fix.

**N**o cheating!! Read your quick start book over and over. Tell yourself that this is only for a short while, but it is needed to get you to your goal. You've had it before, you know what it tastes like and you choose not to have it at this time. Remember...Nothing tastes as good as thin feels!!

**O**ptimize your program by using all your resources: Health Advisor, support calls, support materials (books) Journal

**P**lateaus may happen. Most people lose weight consistently while on the program. If you experience a brief plateau do not get discouraged!! Your body is just getting used to its new found weight, and for a brief period, attempts to hold onto your fat stores. Once your body has time to equilibrate, you will continue to lose weight. Remember that if you are following the plan, you ARE burning fat and even though your weight is not showing it your inches should be!

**Q**uit thinking of your old habits! Your old habits got you to where you were...you do not want to go back! If you are struggling with the changes you are making then you need to re-evaluate your “why”. Why do you really want to get healthy? What will it do for you? What will you be able to do?

**R**ejoice!/R**e**ward! Give yourself a big pat on the back for each and every day that you stick with the program because you are that much closer to your goal!! Make sure that you reward yourself often for your success.

**S**upport. Take advantage of the support offered by your certified health advisor and our fabulous company! There of course is the nurse support call, the doctor’s call on Wednesday, there is a Nurse hot line. Make sure your family and friends are backing your efforts.

**T**ake care of yourself. Make sure you are getting enough rest, and if you are having a stressful or difficult day, do an extra meal like a pudding or cappacino.

**U**nderstand Yourself. Read self improvement books and magazines. Write down all the reasons why you are improving your weight and health, and really mean them! Write out a positive daily affirmation : “I am feeling stronger and healthier each and every day. I can accomplish all that I set out to do.” And say it daily MANY times over for strength and also say it when you are feeling tempted

**V**ictories. Have short term goals (weekly, monthly) and do something special for yourself when you reach them. (pedicure, book, new pants).

**W**eigh in once a week first thing in the morning on the same day every week. Why? You look forward to it, you are more prone to stay the course to see the results. If you weigh daily and don't see a drop it could set you up for a fall off the program.

**X** is for **ex**ample. (ha, not quite a match)\_Be a great example for those around you. There are sooo many people out there that need our help and support to lose weight and feel great. You could be their inspiration, the inspiration of family, friends, co-workers. Stay strong and not only help yourself but look forward to helping others!

**Y**esterday. Don't let your bad eating habits of yesterday affect your future success. Leave yesterday behind you!

**Z**eal. The definition: energy, gusto, spirit, zest. To have the eagerness and interest in the pursuit of something. Begin to appreciate the "new you" and live your life with gusto.

The ABC's are just the beginning of a long life full of good health, positive attitude and unstopabilty! So go out and make it happen!!