

### Transcript

Sometimes, when you're trying to make lifestyle changes, something may get in your way. This is called an obstacle.

*"I owned a restaurant and bar in Oxford Mississippi; having a restaurant, I had food available all the time and would eat whenever I want, whatever I want."*

Obstacles aren't just excuses. They are real. The important thing is to recognize what is getting in your way and think of steps you can take to get around these obstacles.

Some common obstacles people face include lack of skills. It may be difficult to make a healthy food choice if you don't know how to read the food label.

*"My challenge is packaging. You know, if they just would package things in one serving you'd be much better off."*

Resources. You may be trying to lose weight but find the gym too expensive. Try adding exercise into your day by walking in your neighborhood instead.

You may worry that healthy eating may increase your family food budget.

*"Just because it's healthy, doesn't mean it's going to be expensive or hard to prepare. And I think a lot of people associate that with healthy foods now."*

When grocery shopping, buy vegetables and fruits that are in season to get the best deals. Shop at local farmers markets. And don't be afraid to clip some coupons to get healthier foods on a budget.

Support. It can be stressful to cope with lifestyle changes and still run a busy household.

*"Being a balanced working mom can be a challenge at times."*

You may need help. Reach out to family, friends or co-workers for the extra emotional support you need.

And everyday life. Sometimes your other priorities can be your biggest obstacle. Something may get in the way and tempt or trigger you to slide off your healthy path.

*"When I'm on the road, traveling, sometimes inevitably you're going to have to go pick up fast food, whether you're behind on time or just it's the only option because you're traveling late at night."*

There's no way you can predict everything that may block your path to success. However, now is the time to start thinking about the ones you can predict and ways to work around them. Have a plan B.

*"I try to go in and look for if they have something that's baked or roasted as opposed to fried."*

When you can't exercise outside because of a storm, try getting some form of exercise at home.

When you know you have a holiday party in the evening, eat less at lunch.

When you have to get the kids to soccer, make a healthy meal ahead of time to reheat quickly.

If you are taking a vacation, fit in a few extra workouts before your trip. Then have a firm date to return to your regular exercise routine when you get back.

Remember, making lifestyle changes is an ongoing process. If you get off track just get back to taking steps toward your goal as soon as you can.

*“It’s not the end of the world. You’re going to make mistakes. Just don’t let it get you down and feel defeated. Just make your next choice a better choice.”*

And when you reach your goals, reward yourself. You’re doing a great job.

If you feel you may need help getting past an obstacle, talk to a member of your healthcare team. She can help you come up with a plan to deal with the obstacles you face and help you stay on the road to success.