

Transcript

Making lifestyle changes can be difficult. It takes time, patience and effort. Here are some tips that may help you along the path to reaching your goals.

Keep records of your progress. Take a look at the goal you have set. What type of information may be good for you to keep track of so you get an idea of your progress?

For example, if you are trying to choose healthy foods more often, keep a food diary. If increasing physical activity is your focus, write down the type of exercise you did and for how long.

You can keep daily or weekly written logs. You may find it easier to track your progress using a fitness band, your computer, or with an app on your tablet or smartphone. Many apps are available that can make tracking activities easier.

"I know what I want to do but I find if I don't track it, I might take a day off and that day the next week becomes 2 days off, or something like that. It's very easy to fall back into the old habits of not doing anything."

And remember, once the change you are making becomes a habit you can stop keeping track of it. And then move on to tracking your next change.

If you find you are having trouble reaching your goal, these records can help you figure out why. Perhaps you have chosen a goal that is impossible to meet, like exercising for 60 minutes each day during your busy work week. When you see you have missed your exercise sessions, your records can help you set a new time to exercise. Not meeting a goal can be discouraging. It may be a good time to re-evaluate your goals and build on your successes.

When you do reach a goal, stay motivated by rewarding yourself. You've earned it. But make sure to choose a reward that is healthy for you so you don't undo all the good you've just done.

"We went on a trip recently to New York and we were both excited when our Fitbits started buzzing at I think it was 12:30 in the afternoon, so we had hit the 10,000 and it was both of us. I think within 20 minutes of each other."

But sometimes life just gets in the way. Maybe you have a business trip, take a vacation, or get a cold and you end up getting off your plan and having a setback. The important thing to remember when you do have a setback is to recognize it and get back on track as soon as you can.

"Knowing that we're human and that you're going to mess up, you just are more careful the next day, or the rest of the day and you try to make it a fresh beginning again, instead of having it just continue to snowball."

Along your journey don't be afraid to reach out and talk to people about the changes you are making. Let your friends and family know what your goals are so they don't put up obstacles, even by accident. You are more likely to succeed and stick to your plan if you have the support of others.

"I have a friend, Larry who has a fitbit and he sent me an email one day saying 'Let's have a challenge. How many steps we can do in a week.'"

And finally, be patient. Remember, you're making a permanent change. Follow your plan and take it one step at a time. The changes you make will benefit you for a lifetime.

"Because now I'm aware of what I put in my body, I find I have more energy, probably a little clearer-headed than I was when I was younger. Overall, it's made my life better."

"Having other people be proud of me feels really good. Something I can say that I have accomplished. That, you know, I've conquered and I've put behind me and bettered myself."