

## Transcript

Making a lifestyle change is not easy. You are trying to change a behavior you have lived with for a long time and you are trying to change it for the rest of your life.

In the first few days and weeks of making a change, you feel great. You are beginning to notice the health benefits and you feel better overall. But as time goes by it's easy to get frustrated. You may stop seeing a lot of progress.

*"So that's about a pound up from last week."*

*"I had been losing weight and now I'm up. Which is depressing."*

Sometimes your progress won't follow a straight line even though you feel like you are trying just as hard. You may want to give up. Instead, find ways to stay motivated to keep working toward your goal. It's worth it.

To stay motivated, first, take a look at your goals. Are they realistic and achievable? Or do they make you feel frustrated and overwhelmed? If so, it may be time to re-evaluate your goals and change your plan. It is ok to make changes to your goals, especially if it keeps you motivated.

*"My husband and I do fall off the wagon and love to eat junk food sometimes, so we have what we call cheat days. And those days, that's the day that doesn't count."*

Or you may want to adjust how you are making the changes. You may be in a rut and bored. For example, if you are trying to increase the amount of exercise you do but get on the same treadmill every day, maybe you need to mix it up a bit. Try a different form of exercise. It may help you stay motivated to do that one extra session a week.

*"I'm not the kind of person who's going to get on the treadmill and exercise. I never have been that. I thrive on competition or goal-oriented kind of work, so I like going out and working in these community gardens. I like working in my backyard."*

You may find it easier to stay motivated if you make a change with a family member or friend. Together, you can come up with fun ways to reach your goals and support each other along the way.

*"We like to keep active. We like to do it together when we can. One Mother's Day we went on a hike down to Patapsco Park."*

One of the best ways to keep motivated to move toward your goal is to get feedback on your progress. You may actually be doing better than you think.

Set up a time to meet with your healthcare team and go over your health goals; both short-term and long-term, and review your progress. And remember, even some change is a good reason to feel good about yourself.

When you do meet a goal, reward yourself for a job well done.

*"I have a Fitbit and it's wonderful when I get to 10,000 steps and it vibrates on my arm. It's like celebration time."*

Find a healthy way to celebrate and pat yourself on the back for each success. Whatever reward you choose to give yourself, make sure it doesn't get in the way of staying on track. Then keep your next reward in mind as you try to reach another goal.

And finally, be patient. You may not see quick results. And it may take you longer than you expect to change your habits. But remember, you are doing this for a healthier you, and you are worth it.