

# 5 Tips to Keep Your Healthy Lifestyle Change Going

You wanted to make a change, and you made it happen.

But life keeps moving, and now you need some help getting back in the groove.

Here are five ways to stay on track.

Think again about your reason for making a health change.

You had at least one good reason for getting started.

What was it?

Now is a great time to remember and commit to it again.

Look at what's working for you—and what isn't.

Ask yourself which healthy habits are already a part of your daily routine and why?

How could you make this change easier?

Write down your answers and reflect on how you can address what's holding you back.

Deal with whatever is in your way.

Change often comes with obstacles.

Plan ahead so when they come up, you'll know how you can get around them.

For example, if you keep forgetting your workout gear, keep an extra set in your car or at your workplace.

Remember that you're learning, not failing.

Everyone has setbacks.

Turn yours into lessons by thinking about what you could do differently to make this change work for you.

Setbacks are just tools that can help you fine-tune your plan for success.

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Get support from friends and family.

You've already made it this far.

Think about the support you need and where you can find it.

Try connecting with a friend and taking on a challenge together.

Or join a group that will help you stay motivated.

So that's five ways to keep making progress: Think again about your reason.

Look at what's working—and what isn't.

Deal with whatever is in your way.

Remember that you're learning, not failing.

Get support.

Change is hard.

We all mess up.

Things get in our way.

It happens to everyone.

When it does, take a deep breath, and use these tips to keep on track.