

Ways to keep your motivation up:

- Keep making small steps to change
- Find ways of rewarding and valuing yourself for your achievements
- Find someone you can trust to encourage you
- Remember that everyone slips up from time to time so slips are to be expected
- Keep on meal planning and shopping for healthier eating

Remember that though you may only be making small steps now they all add up and you will feel the benefits of all those steps sooner rather than later. As long as you believe that you can do it nobody can tell you different or stop you. Make sure that what you are doing is for you and nobody else!



**The
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Counselling Training Wellbeing

Food Issues

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We don't always eat just because we are hungry. In fact for some people real hunger is one of the least important reasons for wanting food. Celebrations, boredom, habit and negative feelings can all be reasons for eating. Comfort and compulsive eating can be used as a way of covering up feelings and needs, rather than being aware of them or dealing with them.

Combined with healthy eating, an active life can help you lose weight. **Any activity is better than no activity.** Don't feel you have to push yourself too hard or too quickly. You simply need to do what suits you, and then build up from there.

Whether you have health problems or not it is always important to not overdo activity to begin with, so that your body gets the chance to adjust and become fitter gradually.

Walking can often be the best form of exercise to begin with. If you are worried about your current level of fitness it can also be a low-impact and low risk way of starting. Walking can reduce the risk of heart diseases, diabetes and strokes. It also increases confidence, self esteem, energy levels and help you sleep better! **Walking also burns the same amount of calories as jogging!!!!**

Build up - if you go for a walk, begin slowly then gradually increase your speed of walking. don't start off at full belt and then get out of breath too quickly so that you have to stop

Slowdown - slowdown and stop if you are having problems

Sit if you are unable to stand - there are still lots of exercises you can do whilst sitting, ask your GP for advice on this

Progression - only progress when you can cope easily with each stage

Most people find that working towards and realising a goal is motivating and satisfying, but it is also important to give yourself the **best chance of success** by selecting the right goals in the first place. Change is not always easy, especially sticking with it through thick and thin, and slips are to be expected along the way. These are a normal part of making any changes so **don't be put off** by them if and when they happen.

Be specific in the goals that you set. By setting clearly defined goals you can take pride in achieving these goals as you can measure what you have achieved. For example: it is not measurable to say you want to be **'healthier'** and **'fitter'**, but is measurable to say you want to be 'fit enough to swim 10 lengths of the swimming pool'.