

Was losing weight or improving your health one of your New Year's resolutions this year? If so, are you still on track to reach your goals, or have you given up? The reason most people give up is because they don't have a plan to succeed. If you need a plan, here are tips to keep you moving in the right direction.

1) Set small weekly goals and write them down! Create a vision board with motivational quotes and pictures so your vision can be a reminder.

2) Take progress pictures (front/back/side) at the beginning of your journey and monthly. This can help you visibly see your progress, instead of being a slave to the scale.

3) Always have your meals planned out and prepped in advance. (Invest in some good tupperware!) Spend an hour, twice a week and prepare some lean protein, carbohydrate sources, and fruits and veggies so they are ready to grab and go.

4) Drink more water! The body often mistakes thirst for

hunger. Water is essential for keeping the body hydrated and we're actually more likely to retain water weight by not drinking enough of it.

5) Kick the diet soda and other diet foods to the curb! Just because something says it is "low fat" or "fat free" doesn't mean it's healthy for you.

6) Focus on eating fresh, whole foods (and lots of them) instead of tracking and obsessing over your calories. Eat better food, not less food!

7) Take time for yourself to do activities you love and get enough sleep (6-8 hours). If you do not get enough sleep, it can cause your body to increase levels of stress hormone, and you will retain weight.

8) Develop a support system with friends who share similar health goals. This will help you keep each other motivated.

9) Be honest and be realistic about your goals. Don't expect to lose the weight if you haven't put in the effort!

10) Lastly, if you find yourself stuck, keep a journal. Track what you ate, how much you ate, when you ate, anything you added to the food and what you drank. Tracking your mood and appetite can also be insightful into learning about your eating patterns.

At the end of each night spend two minutes reflecting on your day. Record one positive accomplishment from your day and use this as motivation to keep going! Results don't happen overnight, but small actions each day will add up over time!

Your pharmacist is your most accessible health care provider. If you have questions, feel free to ask.

ASK THE EXPERT:

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Shaping Up For Summer

By: Melissa White,
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Eat Right. Live Well.

Walden Farms calorie/sugar/gluten/lactose free selection of dressings, dips, jams and spreads

Zeroodles low carb, high protein pasta

Smart Cake high protein, low calorie snacks

Ideal Protein weight loss authorized clinic

Diabetic socks and compression therapy fitters on staff

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