



Weight Loss: Reignite Your Motivation

To be successful at losing weight, you need to figure out what will give you an ongoing, burning desire to keep at it. You need to tap your inner motivation. Start by asking yourself “Why do I want to lose weight?” You may have several reasons. There are no wrong answers. What matters is what’s most important to you. Consider some of the benefits of losing weight and staying active listed below. Rank your top three reasons. Rank more than three if you want. And add your own reasons if they’re not already on the list. Post the list where you’ll see it often.

- Have more energy.
- Better overall health.
- Look better.
- Feel better.
- Improve physical stamina.
- Improve self-esteem.
- Improve mental well-being.
- Manage high blood pressure.
- Improve cholesterol.
- Prevent or manage diabetes.
- Reduce joint pain.
- Improve sleep.
- Improve quality of life.
- Live longer.

Sometimes temptation to indulge in certain foods or skipping a workout will be greater than your desire to lose weight. During these moments, reflect on the top reasons why you are making healthy lifestyle changes. It won’t always be easy, but it can help to remind yourself why it’s worth it!