

# NEVER GO BACK: 12 Keys to Sustained Weight Loss

## **Acknowledge a Healthy Body is a Journey Not a Destination.**

Your life matters: What you do now affects your future and perhaps the future of your loved ones. Value your health and long-term well-being. Take responsibility for your choices, words & actions.

## **Choose Success**

Commit to long-term success. Be brave open-minded, willing to learn new skills to keep progressing. Aim to maintain healthy habits with an evolving wellness lifestyle.

**Empower Yourself.** Believe. Act Like You Will Accomplish Compelling, but Realistic Goals. Prioritize strategic short & long-term goals. Plan. Commit. Work hard. Be flexible and forgiving.

## **Maintain a Positive Mindset**

Memorize your wellness vision, goals and advantages of a healthy lifestyle. Manage your stress & support system.

## **Stay Free of “Scale Anxiety”**

Don't weigh yourself more than once a week. Focus on diverse measures of

## **Personalize Your Success.**

Determine what works best for you. Keep mixing it up and celebrating steps in your journey. Whenever possible keep it simple with 'green' practices.

## **Eat “Clean” Meals with Protein & Produce at Least Three Times Each Day.**

Strive for 6+ cups of water, 60+ grams of protein and 9 servings of 'clean' fruits and vegetables each day. Strategically use organic foods. Choose good sources of fats like salmon, nuts and seeds, avocado, coconut daily. Streamline weekly food shopping, meal planning & preparation.

## **Clarify Your Limits and Plans to Overcome Temptations.**

Practice moderation & variety. Set your own diet rules & stick to them. Minimize sugar, alcohol & additives. Don't keep junk in your home. Detox/reset when needed. Practice “No, Thank You.”

## **Keep Your Metabolism Burning Hot.**

Exercise is Medicine. Meet the guidelines for physical activity from the American College of Sports Medicine. Prioritize adequate sleep, flexibility & strength training.

## **Aim to Never Relapse: Quickly Apply the ‘New Day Policy.’**

Be honest. No one is perfect. You will back slide. Prevent relapse by bouncing back the very next day. Create an effective “Plan B” for when you slip up then use it to jumpstart your rebound.

## **Overcoming Obstacles & Thinking Errors May Take Professional Assistance**

Seek experts when you are ill, injured or are not progressing on your own.

**Don't Stop, Give In or Give Up.** Sustain Your Motivation and Personalized Monitoring System(s).

Go the distance with short-term goals and by documenting your success so you can repeat it!