

Information Sheet 8

Continuing your success

Remember these following points:

- to identify eating habits resulting in weight gain
- to learn self control techniques and apply them when necessary
- to gradually change our eating habits to suit our lifestyle
- to make better informed choices of healthier options
- to make some positive change in our lives by starting to exercise

If you have made all of these changes, you will continue to see a gradual weight loss over the next few weeks. Try not to slip back into old habits and focus more on the following tips to help you to maintain your new improved eating pattern:

- weigh yourself no more than once per week
- beware of fat, sugar and empty calories
- keep exercising - build up slowly and safely
- walk tall - good posture makes you look good
- escape - treat yourself to some space (with a book, in the bath etc.)
- take care of your skin
- continue to plan your menus
- don't skip meals
- congratulate yourself on the progress you have made
- have a food treat once per week.

Good luck, happy eating and keep at it. It can be a slow process but it's worth it in the end.