



Losing Weight Safely

Be SMART

Set Specific, Measurable, Achievable, Realistic and Time focussed goals. Mapping out exactly what you want to achieve, how you will do this and set a deadline to measure your achievements.

Make it fun

Get family and friends involved in your journey. Swap healthy recipes, exercise together doing something you all enjoy. This will help to motivate you and keep you engaged in your goals.

Monitor progress

Think about keeping a diary or using an app. Note down the foods you eat, exercise you complete, levels of energy and enthusiasm, what mood you were in etc. This information may help you to identify strengths and weaknesses in your overall plan and help you be more effective with your training.

Set rewards

Allow yourself a treat if you reach one of your goals or a specific milestone – it's important to reward yourself so you stay motivated. It could be losing 2 inches from your waist or running non-stop for 20 minutes for the first time.

Expect setbacks

Anticipate your weight loss journey won't be smooth sailing. You may fall off the wagon, we are all human after all. Remind yourself about why you are doing it and remember all the progress you have made to date. You'll soon get back on track.