

Keeping yourself motivated



Studies have showed that having strong social support will help hold you accountable and keep you motivated to lose weight! Therefore, consider joining a support group to help boost your motivation along the way.

Making a public commitment to lose weight will help you stay motivated and hold you accountable.

Research shows that those who make a public commitment are more likely to follow through with their goals. Telling others about your weight loss goals will help you stay accountable. Tell your close family and friends and even consider sharing them on social media. The more people you share your goals with, the greater the accountability.

Consider:

- Investing in a gym membership
- Pay for a package of exercise classes
- Pay for a 5K in advance.
- Instruct a new Personal Trainer for weekly sessions

You are more likely to follow through if you have already made an investment!