



# SCALE BACK ALABAMA STAY POSITIVE

A healthy lifestyle is a journey, not a destination! Making lifestyle changes to achieve a healthy weight can be challenging and requires us to have realistic expectations of ourselves. When facing challenges, try to stay positive by focusing on how the challenges are shaping you into a healthier version of yourself! Leading a healthier, happier lifestyle will be worth all the challenges you might face. Feeling stuck at a certain point? You might have to switch things up a bit, but keep going! Remain positive and focus on how far you have come. No matter how small the weight loss accomplishment seems, it is important! When you reach a goal, reward yourself with something you've had your eye on or by doing something you enjoy! Find quotes for motivation and inspiration to keep you on track. Positivity will make the journey easier and more enjoyable.

## Links:

### Tips For Staying Positive:

<http://www.mentalhealthamerica.net/stay-positive>

### Being Positive Through Weight Loss:

<https://health.howstuffworks.com/wellness/diet-fitness/weight-loss/how-to-start-a-weight-loss-program5.htm>

### Accentuate the Positive:

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/accentuate-the-positive-to-make-lasting-health-changes/art-20390090>

### Recipe: Oven Baked Salmon

<http://www.foodnetwork.com/recipes/oven-baked-salmon-recipe-1911951>

### Inclusion Tip:

Enjoy the process you take in achieving your goal. Setting a goal and trying to reach it is difficult and taxing at times, but the rewards are boundless. Feel pride in accomplishing feats that once appeared to be out of reach. Remember, in the big picture of physical activity, everything counts! Running a 5k, sweating during spin or Krank class, and lifting weights are not the only examples of physical activity. Cleaning the house, planting flowers, walking while grocery shopping, and taking the dog out all count, too. Stay motivated knowing that all activity has a place and counts towards your overall goal!

**FAMILY MATTERS:** Staying positive during challenging situations is a great way to show your family how to overcome adversity. Seeing you handle a tough situation will better prepare them for handling tough situations that may come their way. Discuss with your family the challenges you are facing and talk through positive ways to overcome them. They may provide advice that will help you to keep moving forward and stay positive along the way.