



Health Yourself Byte

HOW TO KEEP THE WEIGHT OFF . . .

Did you know that only a small percentage of individuals that lose weight actually keep it off for the long term? A recent article on the www.sparkpeople.com website outlined why these individuals are successful. Here are their secrets:



1. They **MAKE IT PUBLIC** by recruiting supporters. Winners need cheerleaders or at least one other person that can hold you accountable.
2. They **PAY ATTENTION** to their choices. They plan ahead, track their progress, read menus and look for opportunities to stay active.
3. They **ENJOY THEMSELVES**. They make weight loss a positive experience instead of always focusing on what they can't eat or can't do. They focus on feeling good about reaching their goals and about the new habits they are developing. They reward themselves along the way . . . just not with food!
4. They **MAKE GRADUAL CHANGES**. Permanent change is a process not a sprint! They realize that losing 1-2 pounds a week is reasonable and depends on making better food choices consistently, watching portion sizes and increasing activity level!
5. They **ALLOW THEMSELVES TO FAIL**. They don't focus on the small bumps on their road to achieving their goal, but looks at a "slip" as a lesson learned. They are proactive and plan how to get back on track!

If you want a jumpstart on losing those few extra pounds . . . How about joining our Corporate Weight Loss Challenge, **DOWNSIZE COLLIN COUNTY!!**



Go to www.themedicalcenterofplano.com/downsizecc for contest specifics, registration forms, weigh-in schedules, nutrition/exercise information and more.

United Healthcare has agreed to contribute \$0.10 cents per pound lost up to \$5,000.00 to the North Texas Food Bank. What a great Win/Win for everyone participating and the residents of Collin County! So . . . get your team together and join us as we

DOWNSIZE COLLIN COUNTY!!



The Medical
Center of Plano