



Feeling My Best *Guidebook*



Introduction: Pillars of health and wellness 4

1 Setting up for success

Where I'm now 7
Where I'm going 10
Mindset 18

2 Living well

Nourish my body 23
Move my body 38
Health and wellness every day 41

3 Feeling my best

Looking at my progress 45
Rewarding my progress 46
The scale is just a tool 48

Maintaining healthy behaviors 50
Congratulations! 52
Additional resources 53

Pillars of *health* and *wellness*

People often think of “wellness” in terms of physical health – nutrition, exercise, weight management, etc. But it’s really so much more!

Wellness is holistic care that involves your physical, mental and spiritual well-being – fueling the body, engaging the mind and nurturing the spirit (National Institutes of Health). Imagine all of these areas working together to support a healthy individual.

Moda Health’s pillars of health and wellness include:

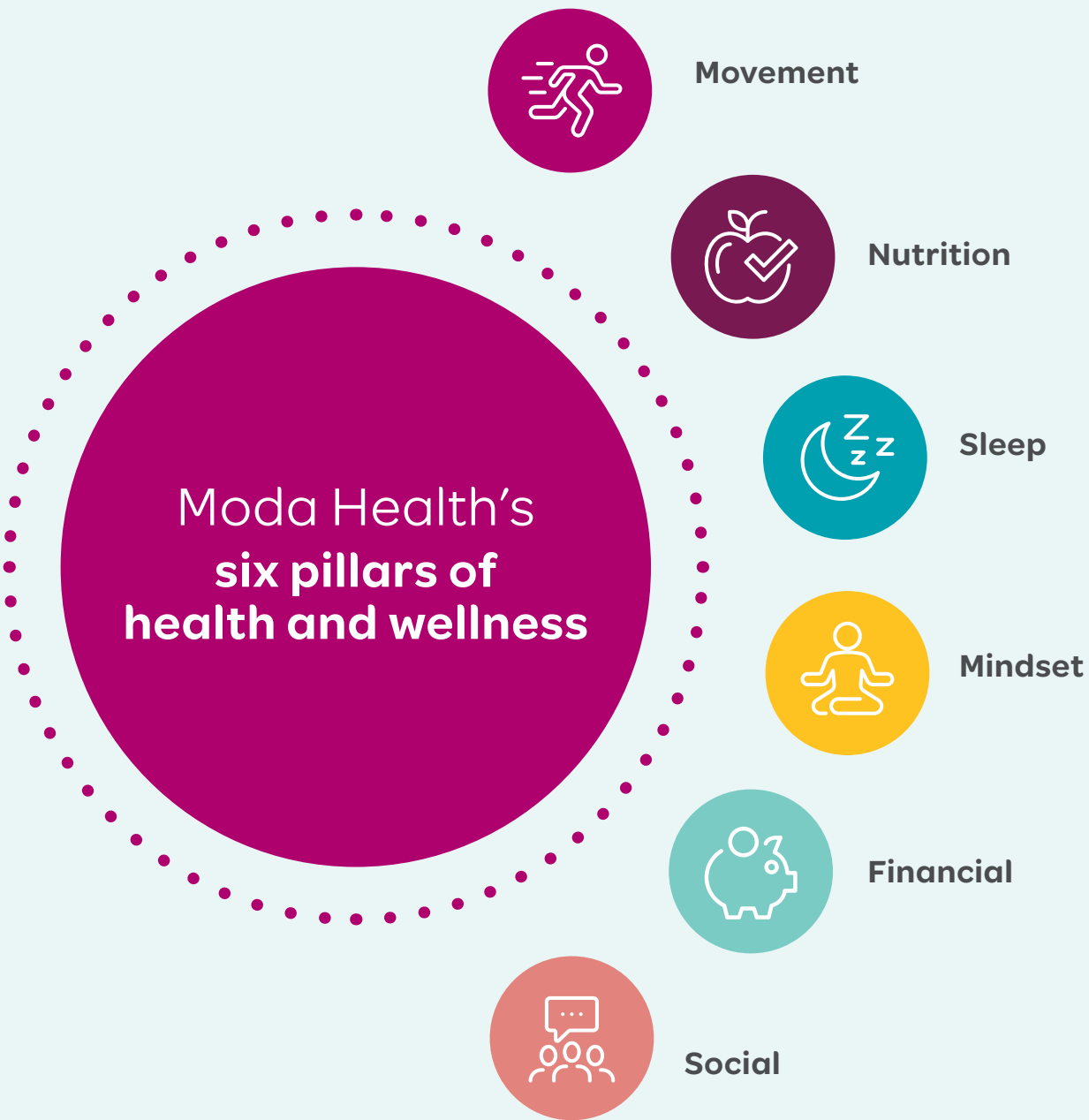
- **Movement:** moving our bodies regularly and naturally to support functionality
- **Nutrition:** nourishing ourselves in a way that supports a functional body
- **Sleep:** practicing a regular sleep pattern and taking time for rest and rejuvenation
- **Mindset:** feeling capable and empowered to cope effectively with life challenges
- **Financial:** understanding and having control over our finances
- **Social:** creating and maintaining satisfying relationships to promote a sense of connectedness and belonging

These six pillars of health and wellness not only encompass what it means to be healthy, but they also promote a lifestyle and a personalized approach to living a life that allows you to become the best version of yourself. To achieve this, we must give attention to all six pillars because they are all interconnected and important to a well-rounded and balanced lifestyle. This also means that neglecting any one pillar will adversely affect the other, and ultimately our health and overall quality of life.

For example:

- **Lack of sleep and poor sleep quality** have been linked to increased risks of high blood pressure, type 2 diabetes and obesity. Stress and anxiety can be two causes for lack of sleep. However, getting enough physical activity during the day and including certain foods and drinks that have sleep-promoting nutrients into your diet (almonds, chamomile tea, kiwis) can help improve your sleep quality and duration (Centers for Disease Control and Prevention).
- **Our mindset, and how we think,** can play a critical role in our overall health. Research has found that positive thinking can result in lower rates of depression, better cardiovascular health, better coping skills during times of stress, and increased life span. What’s amazing is that the other five pillars of health and wellness can also strongly impact our mindset. For example:
 - Exercise can positively affect our mood and reduce stress
 - Strong social connection can lower the rates of anxiety and depression
 - Our finances can positively or negatively impact our mental health (Mayo Clinic)

With all six pillars of health and wellness depending on one another, it’s essential that we are able to find a holistic approach and balanced lifestyle that feels most natural and authentic to each of us and our goals.



Setting up for success



Where I'm at *now*

Before diving into effective strategies for weight loss and care, it's important to consider where you are at now. Knowing where you're at helps you know where you're going and what it will take to get there.

Keep in mind that weight care is not just about losing the weight or the numbers on the scale, it's about your mental, physical and long-term health. So, instead of comparing yourself and your progress against that number in your mind, ask yourself how you feel now and how you want to feel down the road?

Here are some **helpful questions** you can ask yourself to get started:



How do I feel on a daily basis (mentally and physically)?



What are my current food, exercise and sleep habits?



What do I do that makes me feel my best?

Personal strengths and challenges

Character strengths are the core personality traits that define your unique identity and make you feel authentic, alive and engaged in life. It can be helpful when starting a new health journey to have a baseline understanding of the unique strengths and challenges you already experience.

What are my reasons for contemplating making a change?

What am I currently doing for my health that I feel proud about?

What personal strengths can I use to help myself along the path to a healthier life?

When faced with a challenge in the past, what tools and strategies did I use to work through it?

What are the downsides if I do not make a change?

Where I'm *going*

Visualizing my future self

What do you want out of change? On the road to change, take some time to let your mind take you to your ideal version of yourself and put it on paper. Keep in mind this does not have to be set in stone and may often be modified or completely changed during your journey. Below are some questions that may inspire your vision for your future self.

How will managing my weight make me feel?

Why is this important to me?

Why am I motivated to make a change? Why now?

What will be available to me when I make a change?

How will this impact my daily life?



Let's go a little deeper. Above, maybe you wrote something like “lose 10 pounds.” Now we're asking you to go a little deeper. For example, what is it about those 10 pounds that makes you want to lose them? Maybe you want to lose weight because you want to get control of your diabetes. Or maybe it's because you want to go on those hikes you used to do with your friends.

Why do I want to make a change? Whatever your aspirations are, get clear on what that driving force is for you. It can be helpful to ask yourself **“why?”** a few times to really get to the heart of the matter.

Here's an example:

*Ask yourself: Why do I want to make a change?
To lose weight*



*Then ask yourself: Why do I want to lose weight?
I want to look better and be healthier*



*Then: Why do I want to look better and be healthier?
To feel confident in my body and reduce my risk of disease*



*And finally: Why do I want to feel confident and reduce risk?
To enjoy life to its fullest without worry or being restricted*

Making a SMART plan

Now that we've gone over where you are now and where you are going, it's time to set some goals to make your path a reality. We know that writing down your goals can be challenging. One way to make it easier is to make SMART goals:

Specific. What is my specific desire to achieve out of a weight care journey?

Measurable. How will I measure progress toward my goal?

Achievable. What actions will I take to achieve my goal?

Relevant. Is this goal relevant in achieving a healthier future?

Time-bound. How often do I want to check in on my progress?



SMART goals are:



Specific



Measurable



Achievable



Relevant



Time-bound



EXAMPLE: SMART goal

I will be able to walk two miles around the neighborhood with my friends by the end of six months.

GOAL 1:

GOAL 2:

GOAL 3:



Scan this QR code to see weight care guidelines and risks of these activities.

Mindset

Change can be difficult to navigate. Thankfully, there are some ways you can learn to embrace change and everything that comes with it.

The way you think about yourself, your health, your successes and making a change can also make a big impact on your resilience through the changes. Resilience is the ability to overcome challenges and come back from them stronger, wiser or more determined.

✓ Try this: resilience boosters



Remain open to the new things that come along with the change you've made



Surround yourself with individuals who support you



Allow yourself to feel sad about things that are left behind



Seek meaning or purpose in the actions you are taking



Establish a routine



See a setback (and there will be some) as a learning opportunity versus a failure

Rolling with life's ups and downs

Your personal health journey is not a straight line – it's full of ups, downs and everything in between. One moment you may be walking 20 minutes every evening, and the next you feel you do not have time for more than five minutes of deep breathing before bed. No matter where you are in the stages of life, you can utilize resilience, cope with any stressors, and manage expectations to maintain your long-term health goals.

Where does stress come from?



My physical environment



My social environment



My emotional state



My thoughts

How is this stress impacting my ability to be present with my weight care goals?

How can I practice resilience to manage this stress? Some examples include writing in a journal, spending time with a hobby, talking with a trusted friend, or taking a break.

Reframing how you think

Sometimes, reframing the way you think about certain words, phrases or concepts, like weight care and all that comes with it, can make a difference. What words or phrases come up when you think about change? Try taking the time to think through these words (and others) and shift them into a more positive, supportive light.

✓ Try this: reframing thoughts

Diet



Way of life, or the nutrition choices I make

Food as a crutch, vice or celebration



Food as “fuel” or as a nourishment tool

Weight loss



Building and maintaining health

Personal identity



I’m worthy regardless of my weight or the number on the scale

I will be healthy or happy when...



I am healthy today because of the choices I make everyday



“

It is never too late to be
what you might have been.

– George Eliot

”

Living well



Nourish my *body*

Not all nutrition choices work for everyone, and yours may even change throughout life. There is no one-size-fits-all solution to fueling your body, so it's OK if your choices adapt and change over time. Popular dietary choices all have one thing in common – calorie reduction. Whether it's low carb, keto, or intermittent fasting, they all aim at reducing the number of calories you eat in a day. This might work well for some, however, if you choose to reduce your consumption of any key food category, remember to speak to your doctor or a registered dietitian.

The following section aims to provide some high-level education, tools and tips to support you in customizing YOUR nutritional needs. You do not need to do them all. Instead, identify an area or two that you would like to improve upon and experiment with a suggestion, below.

Not sure where to start? Keep a food journal for the next few days to get a baseline of where you are at. Choose one meal, snack or day where you can make an adjustment. Start small and build.



Disclaimer: Individuals with certain chronic conditions may require other support. Talk to your doctor about specific recommendations for your unique weight care needs.



Scan this QR code or refer to your Food & Activity Journal for trackers and support.

Adding to my plate

If the first thing you think of when it comes to making nutritional changes is all the things you “can’t” have, we’re here to help. Restriction can often increase cravings, especially if eating in a calorie deficit. So give the following mindset shifts a try.

✓ *Try this:* mindset shifts

Abundance > Scarcity

It’s not about taking out or eliminating, but looking at all the options that will nourish you and leave you feeling satiated.

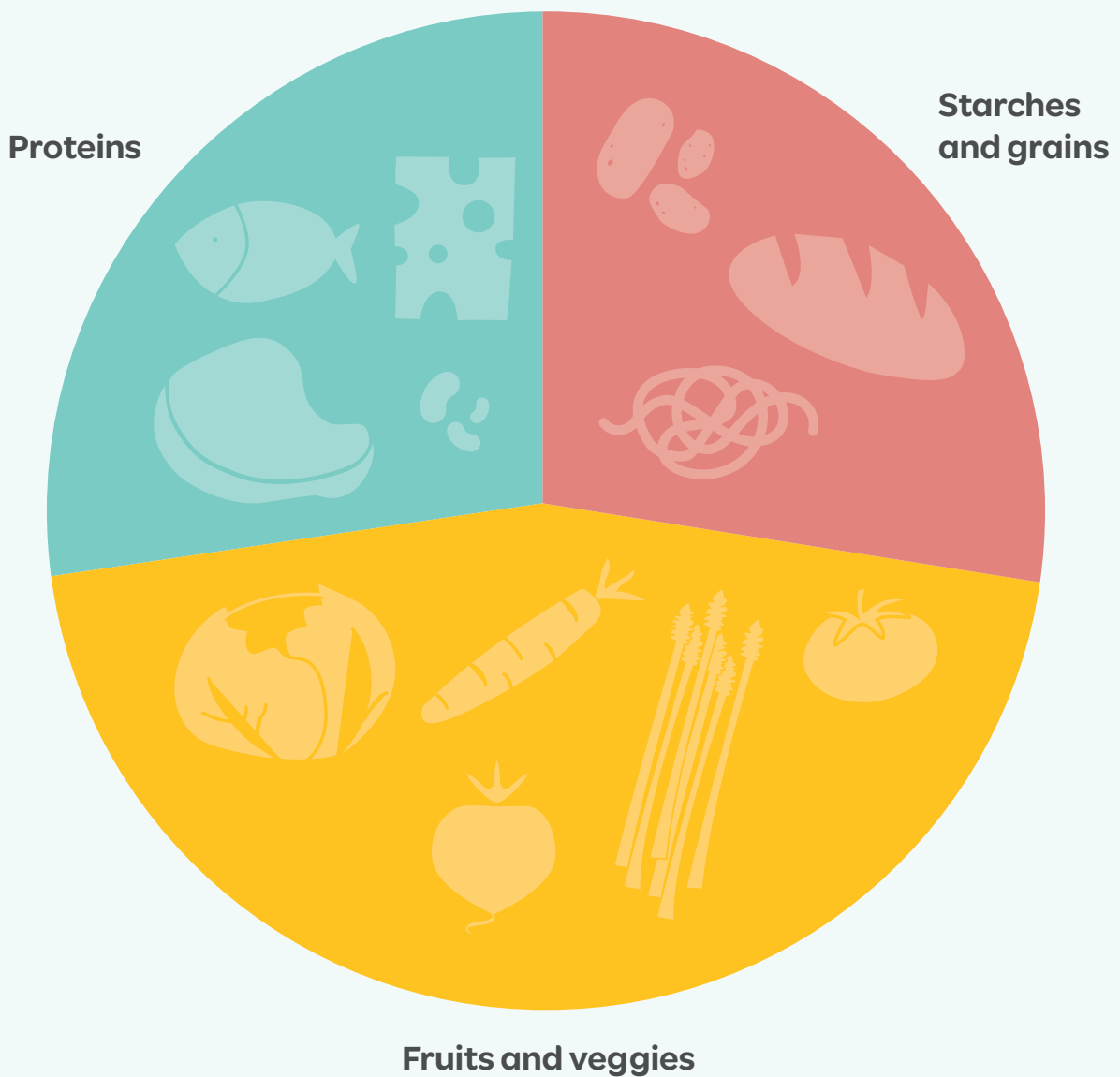
Crowding out > Elimination

Crowding out is an idea where you “crowd out” or replace less nutritious options with healthier choices on your plate. For example, if you wanted to reduce your coffee consumption, instead of focusing on having less coffee focus on adding in cups of water between your coffee.

Petite portions > Restriction

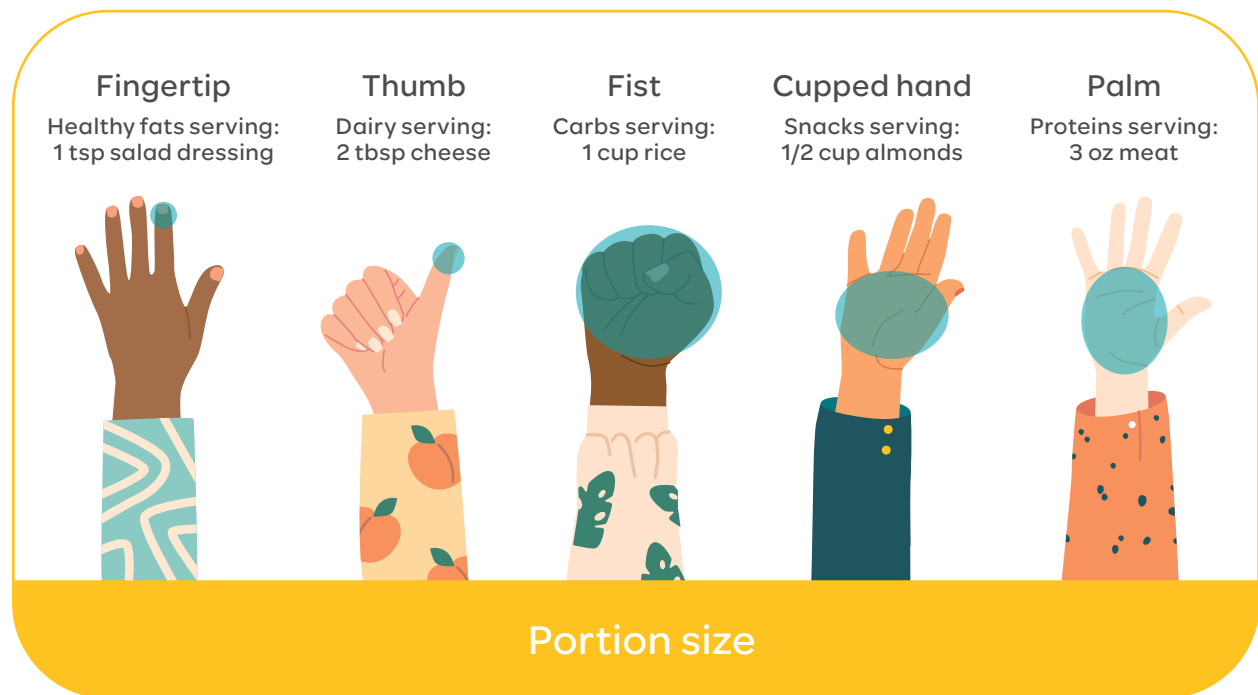
A handful of chips or a small piece of chocolate will not make or break your health. However, restricting, and then consuming large portions, is not an ideal way to fuel your body. Plan on enjoying your favorite treats in small portion sizes after a well-balanced, satiating meal.

Healthy eating plate



Serving sizes by hand

The below diagram has some helpful tips that you can use to understand making nutritious serving sizes of your favorite nutritious foods. For example, your closed fist is a way to measure a serving of carbohydrates like long-grain rice. Next time you build your plate, try using your hand to estimate those serving sizes.



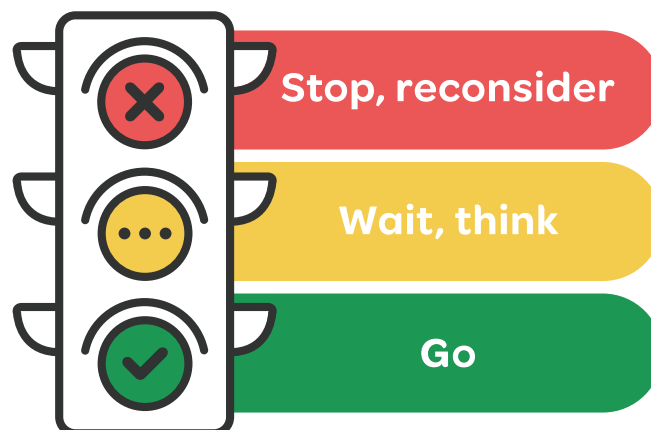


Red Light, Yellow Light, Green Light

We're all likely familiar with a traffic stop, with green light meaning "Go" and red light meaning "Stop." But have you thought of this in terms of the foods you choose when making a quick snack or putting together a meal? This activity is one that can help you choose nutritious options when faced with a wide selection of foods.

Sometimes during our weight care journeys, we are faced with unexpected situations or choices with food we cannot prepare for. For instance, attending a family barbecue and finding yourself faced with a whole picnic table full of chips, cake and cookies. These are examples of Red Light foods – ones that are less nutritional, will likely not keep you full for very long, or that may make you feel less energetic after eating. These are often the foods we tend to overeat or treat as "guilty pleasures." When faced with the chips at the family barbecue, try taking an extra minute and find the Yellow Light items instead. These are foods such as guacamole, cheeses or other foods that are delicious and nutritious, but should be eaten in moderation due to potentially high calories.

While it may not always be feasible, you can also opt for Green Light foods, which are staple items that should make up the majority of our daily nutrition. These foods might include beans, whole grains, fruit salad, mixed nuts or a veggie tray. There are so many foods that fit into each category, and what works for one person may be different from the next. This does not mean that Red Light foods are bad. Red Light might mean "stop and think," smaller portions or these foods don't make me feel my best.



✓ Try this: Red Light, Yellow Light, Green Light foods

Write down the foods that you tend to enjoy that fit into Red, Yellow or Green categories and see if there are any foods that you want to add in that can replace your Red Light items. And next time you're faced with options, try to remember your traffic light foods!

My favorite Red ● Light foods

My favorite Yellow ● Light foods

My favorite Green ● Light foods

How to hydrate

You've probably heard about the importance of hydration and its key role in several body functions. Water regulates body temperature (which helps with sleep), lubricates joints (aids in pain-free movement), transports nutrients to cells ("fuels" your body), and more. It also plays a vital role in achieving and maintaining healthy weight. As excess body fat is converted to fuel, those fat cells fill with water to hold space. When the body acknowledges that space is no longer needed, they shrink, and water helps flush away the remainder of the fat cell. This is one reason why you might not see a change in body weight or size for several weeks into a healthy weight program.

Consuming sugary beverages or alcohol adds unnecessary calories to your diet, deprives your body of necessary hydration, and negatively impacts several essential body functions. That's not to say you need to cut these drinks out of your lifestyle, instead, consider your health goals, and whether or not soda or a glass of wine align with your intentions.



To learn more about alcohol consumption, or if you have concerns about your alcohol habits, please talk to your primary care provider or contact SAMSHA's National Helpline at 1-800-662-4357.



**Scan this QR code to see
a Daily Habit Tracker to
measure your water intake.**

Here are some more ***tips and tricks*** to increase your water intake:

Start early.

Make a goal and work your way there throughout the day.

Get a bottle you enjoy.

Try using a straw if you haven't before. Make sure your water is at a temperature you like.

Add flavor!

Infuse your water with fruit to take your tastebuds on an adventure.

Eat your water.

That's right. Lots of fruits and vegetables like watermelon, cucumbers and peppers are high in water content.

Make it bubbly.

Carbonated water can provide a different mouth sensation, which might make drinking it more enjoyable. Be mindful of how this makes you feel as the carbonation may leave you feeling gassy or bloated.

Keep it close.

Have water in areas you use throughout the day (around the house, in the car, or at the office).



Thinking about nutrition: *How do I get started?*

Consuming foods with nutrition in mind can be a lot to tackle all at once. As mentioned before, get a baseline of where you are now and assess where you might be ready to make a change.

Don't feel like you can live without your fancy latte and pastry in the morning? Then take a look at lunch or dinner. Maybe change is easier during more structured weekdays and the chaotic weekends are saved for another time. This might look like packing a lunch instead of getting takeout a few days a week. Or swapping that 3 p.m. soda for a nourishing smoothie. It can be tempting to overhaul your entire day when motivation is high, but research shows making small changes has a higher chance of success and turning them into lifelong habits.



Scan this QR code to see
more Meals that Heal.

Here are some more ***tips and tricks*** to kick start your nutritious journey, and hopefully, make things a little easier:

Meal prepping

Try making one or two meals ahead of time on weekdays when you are less busy. Preparing meals ahead of time allows you to portion them out with appropriate serving sizes and helps take the guesswork out of food choices for the week. You can store many meals in the fridge or even freezer, then take them out when you're ready to heat them up. It's great to keep healthy snacks or even side dishes on hand for when you need variety. Some people prefer to make starches and grains, fruits and veggies, or proteins ahead of time and put meals together throughout the week.

Sharing is caring!

A great way to make nutrition fun is to share meals with your support system. Maybe you have a neighbor that likes to meal prep, and you can each make one or two meals then split them up each week. Or maybe your mother has a cooking class she's always wanted to try, and the two of you can go together. By combining social support with nutrition, you can find easy and fun ways to expand your taste buds and fuel your body.

Power shopper!

Making shopping lists to bring with you to the store is a great way to ensure your meals and snacks will fill you up, meet your nutritional needs, and stay within your budget. You can even keep a running list on the fridge during the week as you run out of ingredients. Try making sure your shopping list has enough variety in all the categories to build a plate: protein, starches/grains, non-starchy vegetables, fruit, milk/dairy and fats. Also, keep in mind the traffic sign: Remember to add “Green Light” snacks to your cart.



Here's a list of items to start off your grocery list. Stock your kitchen with these goodies and you'll never be far away from a healthy meal that's easy to make.

- Vegetables – fresh or frozen
- Salad greens
- Fruit – fresh, frozen or canned in its own juice
- Whole-grain cereals – hot or cold
- Potatoes – white, red or sweet
- Whole-grain bread
- Whole-wheat pasta
- Brown rice
- Canned beans – low-sodium pinto, black, kidney, red or white
- Tuna or salmon – fresh, canned in water or in a pouch
- Fish – fresh or frozen halibut, tilapia, cod or trout
- Chicken breast
- Ground turkey or chicken
- Pork – lean chops or tenderloin
- Vegetarian burgers
- Cheese – low-fat cottage, part-skim mozzarella or 2%
- Yogurt and milk – low-fat or fat-free
- Salsa
- Light salad dressing
- Tomato or pasta sauce – meatless and low-sodium
- Cooking wine – dry red or white

Try following the 1-2-1 method

Make one carb like whole grain rice, two side dishes (steamed brussels sprouts and oven-roasted sweet potatoes) and a protein like pork tenderloin at the start of your week. Put everything into airtight containers and keep in the fridge. Mix and match your meals throughout the week using one of each category. Then, add in a sauce, fruit or healthy dessert!

Use your freezer

Try freezing certain cooked items into portion sizes. Then, take them out when you need a meal in a pinch. Many foods keep well for a long time in the freezer, like cooked quinoa, steamed vegetables and even fresh fruits for smoothies. You can even put all the ingredients for a smoothie in a Ziploc bag and keep them ready to pull out for a fresh, tasty breakfast. Here's our favorite recipe for a mixed berry smoothie:

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/4 cup blackberries
- 1/4 cup raspberries
- 1/2 banana
- handful of spinach

When you take your smoothie bag out of the freezer, add in a small scoop of nut butter or protein powder for extra hunger-crushing power! Blend with $\frac{3}{4}$ cup of your favorite milk and enjoy.

A quick note about frozen fruits and vegetables: These foods are often picked at the height of freshness and frozen quickly after while fresh produce may take weeks to get from the farm to your table.

Frozen produce retains a lot of nutritional value, is budget-friendly, and has a long shelf life.



We all love a low-effort, low-mess meal, like this Crock Pot Red Pepper Chicken (Source: Family Freezer). Something like this is perfect for meal prep or freezing ahead of time!

- 1-2 pounds boneless skinless chicken breasts, fat-trimmed
- 1-2 medium-sized red bell peppers, sliced
- 1 small yellow onion, sliced or diced
- 4 large garlic cloves, minced
- ¼ cup extra virgin olive oil
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon black pepper
- ¼ teaspoon salt

Combine all ingredients in a slow cooker and cook for 3-6 hours, or until chicken is cooked through and tender. To freeze and cook later, combine all ingredients in a gallon-sized plastic freezer bag with as much air removed as possible. This can freeze for up to three months. To cook: Thaw, remove from bag, and place ingredients into slow cooker. Cook on “low” setting for 3-6 hours or until chicken is cooked through.

Get creative!

Now that you know how to meal prep, freeze meals for later use, and shop with a list, it's time to put it all together. Try a new recipe or an old family favorite. Getting creative doesn't have to be scary or mean more dishes. Some of our favorites are one sheet pan or one pot meals, which can be thrown together in usually under 30 minutes and help reduce clean-up time. These are a great way to spice up your normal food routine and feed the whole family! Or, pull out your slow cooker and experiment with different protein and sauce combinations.

Move my *body*

Movement can help you feel good today and improve your health for tomorrow. Like nutrition, movement impacts many other areas of wellness including mood, sleep, brain health and overall quality of life. One key to success is finding an activity that brings you joy.

Movement can be fun!

Dread the thought of spending an hour on a treadmill? Ditch that idea and opt for something you truly enjoy doing.

- Walking
- Biking
- Yoga
- Strength training
- Dancing
- An organized sport such as pickle ball
- Hiking
- Swimming

Whatever you choose, evaluate where you are now and start small. If your goal is to walk a 5K but you're winded walking from the parking lot, start with a walk around the block a couple times a week and build on that.

Does movement need to be in the form of "exercise"? The short answer is no. ALL movement counts. Cleaning the house, taking the stairs, chasing after kids or walking the dog all contribute towards your daily total of movement minutes.

That's NEAT!

Non-Exercise Activity Thermogenesis (or NEAT) is a concept that refers to the calories we burn when engaging in everyday activities like taking the stairs, stretching your arms when sitting at work, or bringing groceries in from the car. NEAT can account for upwards of 25% of your total calories burned each day. *That's more than double what 30 minutes of designated exercise might provide.*

Let's do some math

As few as an extra **100** calories burned per day from NEAT adds up to over **36,000** additional calories burned per year. That's equivalent to **10 pounds of body fat!**

That's weight loss from:

- walking to a coworker's desk instead of calling them
- a daily stroll to the mailbox
- standing during commercial breaks
- having a good laugh with loved ones

How NEAT is that?!



Special precautions: Everyone is different so it is important to consult your healthcare team before implementing a new physical activity program.

Thinking about movement: *How do I get started?*

The general recommendation for movement is 150 minutes of moderate physical activity each week. Ideally, some form of movement would take place each day. Twenty minutes a day might feel daunting so start small. Choose an activity you want to try and set a SMART goal. At the end of the week, reflect on how that movement made you feel.

Here are some questions to help you reflect:



What were my energy levels like during the week?



Was I sore or did I experience pain at any point?



Did I look forward to getting my movement in?

Make adjustments based on your reflections. That might mean reducing or increasing volume (time), the intensity or type of movement you try.

Health and wellness every day

Raise your hand if you've ever started a new program and routine only to throw in the towel a few weeks later. Sure, we've all been there. Setbacks happen; life throws you curve balls, priorities change, and that's all normal.

Introducing the all-or-nothing mindset and overcoming setbacks.

The all-or-nothing mindset pertains to our beliefs that if we don't do everything perfectly, then we might as well scratch the whole thing. Examples include missing one workout and skipping the rest of the week, or having a donut for breakfast and cutting out all nourishing meals for the remainder of the day.

Sound familiar?

Overcome setbacks

So what do you do when life gets in the way or you make a choice that doesn't align with your lifestyle goals?

- **Show yourself grace.** Acknowledge the setback and make the conscious decision to move forward.
- **Reflect on why the setback happened.** Were you feeling stressed? Was there an emergency or an office birthday party with your favorite dessert?
- **Identify obstacles.** Was this a one-time event or an obstacle you're encountering often? Consider if mornings or evenings are the best time of day to get your movement in.
- **Stay consistent.** One donut will not destroy your day. Bounce back with the meals you had planned. A great way to stay consistent is to track your healthy habits each day.



Scan this QR code to see a daily habit tracker and other resources.

Decision fatigue

It's not your lack of willpower that makes or breaks your weight care journey. Consistency is key but often you may find yourself too tired at the end of the day to make those healthy choices. This is due to a phenomenon called decision fatigue. Think of your ability to make choices as a bucket of water. With each choice you make, a little water is poured out. Some days, your bucket might have water in it by the end of the night while other days it's empty by lunchtime. To put it plainly, you're just too tired to make a decision, particularly the ones that align with your health goals.

Practice the three Ps

To combat decision fatigue, it's recommended to practice the three Ps – preparation, planning and patience.

- **Preparation:** Have meals and snacks prepared ahead of time to take the guesswork out of what to make for dinner.
- **Plan:** Plan for days that might require more decision-making and know that choices may become more challenging as the day goes on. Use what you've prepared to get you through those tougher times.
- **Patience:** Be patient with yourself and your progress. Decision fatigue can have you feeling more irritable and tired than normal. Despite what your mind is telling you, you are still in control of your choices. If you happen to slip, that's OK! Remember, consistency means never having to "start over on Monday" again. A great way to stay consistent is to track your healthy habits each day.



“

Your body hears everything
your mind says.

– Naomi Judd

”

Feeling your best



Looking at my *progress*

It's important to assess where you're at to ensure you're progressing towards your goals. Non-scale achievements are those that have nothing to do with weight. Instead, progress might look like more energy, improved blood pressure, less stress, quality sleep or clothes fitting differently.

Here are some helpful questions to ask when it comes to evaluating your progress:



What accomplishments am I proud of?



How did I overcome barriers?



What strengths did I draw from as I worked towards my goals?



What have I learned about myself so far?



What changes or adjustments do I need to make?

Rewarding my progress

Changing habits is not always easy. That's why it's important to celebrate your successes and reward yourself. It's not uncommon for someone to choose food as a reward, but it's strongly recommended to opt for non-food rewards until you're more established in your habits. If you're new to building healthy habits, rewarding even the smallest victories can reinforce those habits. For example, if you're a visual person, make a daily chart. Each day you hit your water goal, give yourself a sticker, gold star or green check mark. When you have a desired number of complete days, make it a larger reward.

Treat yourself

What motivates you? What is something you would look forward to?

- A massage
- Clothes
- New book
- Movie with a friend
- A round of golf

Write down your reward and place it somewhere you can see it each day. Consider posting it by the pantry if late-night snacking is an obstacle for you, or on the bathroom mirror as a morning reminder while you brush your teeth.



Scan this QR code to see a daily habit tracker and other resources.



The scale is just a tool

Have you been on a weight care journey before only to feel defeated and discouraged by what you see on the scale? **You're not alone.** Society and cultural norms have conditioned us to believe that our health is tied to one number – weight. The truth is, that metric is dated, inaccurate and will never have you feeling healthy. Stress, hormones, hydration, movement, sodium and sleep are just a handful of things that can have the scale fluctuating five or more pounds a day.

Here's an example – you've been mindful of nutrition and movement choices all week long. When Friday rolls around, you have some chips and salsa, and maybe an alcoholic beverage or two. You weigh in Saturday morning only to find the scale is up five pounds from yesterday. You might say to yourself “all that hard work for nothing!” and choose to spend the rest of the weekend indulging in old habits.

Remember the all-or-nothing mindset?

Your hard work was not a waste, and you did not gain five pounds of body fat overnight. The extra sodium and alcohol will cause your body to retain water. If it was a late night, lack of sleep deprives your body of much needed rest. The solution? Grace and consistency! Acknowledge you chose some Friday night antics. Trust that you know the scale isn't telling the whole story. And then get right back to those healthy habits. Chances are, after a couple of days, the scale will be right back to where it was Friday morning.

If you feel the need to weigh in daily, ask yourself why that is:



Is your vision of health tied to a number rather than how you feel?



Do you let the scale determine whether you have a good or bad day?



Does your mindset allow you to see the scale as a tool to learn more about yourself?

Seeing progress

If the scale holds too much power over you, here are some alternative ways to measure progress:

- Body measurements. These don't have to be formal – using a piece of yarn to measure around your waist will do.
- Your sleep quality
- How your clothes fit
- Heart rate, stamina or endurance
- Your energy levels
- Cravings or change in taste
- Pain decrease or absence

A strong support network can also help you overcome the stress surrounding the scale. Share with your friends or loved ones how hard you're working. Ask for their feedback or affirmation. Speak with a health coach or counselor about challenges or obstacles you may have.

Maintaining healthy behaviors

Think of your health as an ongoing process. When you have met your goal, you may come across situations that tempt you to revert to old behaviors. Keep this guidebook handy and refer to the “Rolling with life’s ups and downs” section (page 19) to remind yourself of healthier ways to deal with these situations. You can also use these times to learn more about yourself and what it will take to maintain your goal.

Have you ever had a time when it was difficult to maintain a new behavior? How did you handle that situation?

Is there a more positive way to handle it? Take a minute to think about what your plan will be going forward.

A sunset over a beach with waves and people in the water. The sky is a mix of orange, pink, and blue, with some clouds. The ocean is a mix of blue and green, with waves breaking on the shore. People are visible in the water, some standing and some sitting. The overall mood is peaceful and serene.

“

The first step towards getting
somewhere is to decide that you are
not going to stay where you are.

– J.P. Morgan

”

Congratulations!

You've completed the Moda Health **Feeling Your Best** guidebook and worked hard to achieve your healthy lifestyle goal. The steps you took to achieve your goal provide you with a map you can use for ongoing success.

Acknowledge your progress. Every step toward your vision is a success! Staying motivated is essential to maintaining your vision as you move forward.

Remember:

- Reflect on how you have faced possible barriers
- Think about how you measure your progress
- Renew your commitment to take action to reach future endeavors
- Reward yourself along the way

You did it!

Additional *resources*

For additional resources like habit trackers or links to helpful information, go to modahealth.com/health-coaching or scan the QR code below.





modahealth.com

Moda Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, religion, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229 (聾啞人專用：711)