**Make yourself an offer you can’t refuse.**

Before starting to reach your next goal, offer yourself a promise like this, "If I reach my goal this (day, week, month), I will treat myself to a well-deserved (Fill in a reward here, but not a food reward.)." Think of something you want, such as an afternoon off, a massage, a movie, or even a deposit toward a larger reward. Be creative, set up rewards for yourself frequently, and make sure you give them to yourself when you reach your goal.

**Balance your (food) checkbook.**

Keep a diary of what you eat and how much physical activity you get each day. Then, at the end of each week, record your weight in the same diary. You and your health provider can use this information to adjust your eating and physical activity plan to find the best way to reach your goal.

**How much is enough activity?**

You need to get at least 30 minutes of moderate physical activity per day, most days of the week to help burn up extra calories. But give yourself credit for the activities that you’re already doing. Common activities such as climbing stairs, pushing a stroller, gardening, and walking all count as physical activity. Just make sure you do enough of them.

**Am I full yet?**

The question may take longer to answer than you think. It takes 15 minutes or more for the message that we’re full to get from our stomachs to our brains. So take a few minutes before digging in for that next helping. Having trouble feeling full? Eight glasses (8 ounces each) or more of water or other non-caloric beverages daily fills you up and keeps you refreshed. Also, vegetables and fruits can help you feel fuller, especially when eaten raw.

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Get more tips at NHLBI’s "Aim for a Healthy Weight" Web page at
or call the NHLBI Health Information Center at (301) 592-8573.