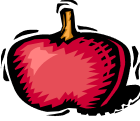



T  
I  
P  
  
OF  
THE  
  
W  
E  
E  
K

## GETTING BACK ON TRACK

The start of a new year and the end of a holiday period means resuming our routine - back to work, study and normal family life again! Having been on holidays and the associated socialising that comes with them, may mean that we weren't as strict with our Quick Loss Program as we would normally be.

But don't despair, it can be done! Here are a few ideas to help you return to your daily Quick Loss routine and "get back on track"!

- **First things first.** Start a food diary today to help refocus. Also it is a great way for your consultant to help you review what you are doing and give you any further advice to speed up your weight loss!
- **Go shopping.** Ensure the cupboards are stocked with what you *need* to follow Quick Loss and get rid of any junk food that may be in the house!
- **Set your goals for the New Year ahead.** What is it that you want to achieve next with your weight loss? Did you want to start that new activity/exercise routine this year?
- **After setting your goals,** think about how you want to reward yourself for succeeding! Working towards something is always more motivating, for example, having your hair done or a pedicure, buying a new CD when you achieve your first goal or buying a new fishing rod!
- **Remember the goals** that you succeeded in meeting last year and recall how good you felt after achieving them.
- **Practice Impulse Control.** Breaking the habits established over the break can be difficult. If you are finding it hard to keep to the 5 hrs and drink your water, use impulse control to divert your attention and do something else, for example, have a glass of water if you feel hungry, walk the dog, do some gardening or clean the toilet!
- **Refresh.** Get your Quick Loss Program out and re read it. Think of any questions you may have for your consultants.

**So here's to a successful 2005!**