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Are You Ready?

Often times people jump into a weight loss plan or diet without giving a whole lot of thought to whether they are truly ready to make the changes necessary to get healthier. Losing weight and keeping it off involves changing eating and exercise habits gradually over time. Building on each change as you go to ultimately meet your health and weight loss goals.

Take a few minutes and ask yourself these few simple questions to determine your true readiness to make the lifestyle adjustments necessary to achieve long-term health and wellness.

1. Am I ready to change my eating and activity habits?
2. Can I make changes that will fit into my routine and lifestyle?
3. Can I stick with the program long enough to learn new habits?
4. Can I make a commitment to keep food and activity records?
5. Will I make time in my busy schedule for eating healthier and increasing physical activity?
6. Am I willing to take action to avoid or overcome the triggers that affect my food and activity decisions?
7. Am I ready to unlearn old habits and relearn new ones?
8. Am I open to developing personal strategies for solving problems that may affect my eating?
9. Do I have friends and family members who can be my support and help me stay motivated?

If you answered "yes" to all or most of these questions, you're mentally prepared to embark on our journey together. If most of your answers are "no", consider how you might adjust your mindset in a way that changes your answers, one at a time, to "yes."