**INFOGRAPHIC**

**How to Set and Reach Your Weight Loss Resolution**

Weight loss is the #1 New Year resolution, but we know that resolutions are very difficult to keep.

While 45% of Americans make New Year resolutions, only 8% succeed in keeping those resolutions.

Here is a quick guide to setting and reaching your weight loss resolution this year.

1. **Reflect:** Get clear on why the achievement of your resolution is important. You’ll need to come back to this if you falter!
2. **Resolve:** Set a weight loss goal for the year that is realistic, then break this up into even shorter term goals of 30-60 days, with a specific diet and activity plan to guide you.
3. **Replace**: Clear out your pantry and stock up with only healthy foods. Then work to build new activity and eating habits that take the place of your current habits.
4. **Record**: Track your progress daily, tell your family and friends about your resolution to create more accountability, and recruit a partner to share your journey.
5. **Reward:** Rather than using unhealthy food as a reward or cheat, give yourself healthy or relaxing experiences – such a spa treatment or taking a new fitness class.

WeightNot can help you achieve your weight loss resolution in the New Year.

We invite you to learn more and contact us for a free consultation.

**WEIGHTNOT Logo**

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