Week 8: New year, new attitude

Keep up healthy habits in the new year

Congratulations! You’ve made it to the last Maintain Don’t Gain challenge.

Over the last few weeks, you’ve added some healthy habits to your life. Now it’s time to keep those habits going in 2012.

What have you learned as you challenged yourself to maintain your weight? How can you use that experience to create new goals?

Your challenge: Write down one healthy goal for the new year.

Your tips:

• Take a photo of yourself so you can see the progress you’ve made at the end of the year.

• Tell a friend. Sharing your goal with others can help you stay committed to it.

• Be realistic. Set a modest goal you feel confident you can meet. Small successes can encourage you to set and meet more goals.

Your link: Check out motivating podcasts at kp.org/listen

What did you think?

Help us make Maintain Don’t Gain better. Please take a few minutes to answer this simple evaluation survey by visiting surveymonkey.com/s/maintaindontgainemployeesurvey.