

# MAINTAIN DON'T GAIN

## 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](http://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](http://surveymonkey.com/s/maintaindontgainemployeesurvey).

CLICK HERE TO  
**TAKE THE SURVEY**

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232