As you continue to make lifestyle changes, keep the 5 keys to success in mind...

- Be Realistic
- Be Flexible
- Be Specific
- Keep it Doable
- Make it Enjoyable

Staying on track can be difficult, so remember to...

- Keep your thoughts positive
- Learn from what happened
- Regain control as soon as you can
- Talk with your support person
- Focus on the positive

Refer to Lesson 1 in your workbook for further review.
A message from . . .
PILI Lifestyle Program

To continue your efforts to stay healthy remember to . . .

Make time for regular activity (30 minutes a day) by . . .
• Setting aside a block of time each day
• Adding activity into free time during the day

Eat less fat by . . .
• Eating high fat foods less often
• Eating smaller amounts of high fat foods
• Eating lower fat food substitutes

Refer to Lesson 2 in your workbook for further review.
A message from . . .
PILI Lifestyle Program

Let the plate method be your guide to healthy eating whether you are at home or eating out.

Remember to use the 3R’s . . .
- Right Time
- Right Amount
- Right Foods

When exercising use the F.I.T.T. plan to make changes in your routine and to prevent boredom . . .
- Frequency
- Intensity
- Time
- Type

Refer to Lesson 4 in your workbook for further review.
A message from . . .
PILI Lifestyle Program

To maintain your weight loss and stay healthy, remember to . . .

- **Balance your calories** by balancing what you eat with the amount activity that you do
- **Partner with your doctor** using these **three steps**:
  1. Be prepared
  2. Talk it out
  3. Make it happen

And remember . . . eating healthy doesn’t have to be expensive, as long as you make a list before shopping and stick to it!

Refer to Lessons 5 and 7 for further review.

A message from . . .
PILI Lifestyle Program

To maintain your weight loss and stay healthy, remember to . . .

- **Balance your calories** by balancing what you eat with the amount activity that you do
- **Partner with your doctor** using these **three steps**:
  1. Be prepared
  2. Talk it out
  3. Make it happen

And remember . . . eating healthy doesn’t have to be expensive, as long as you make a list before shopping and stick to it!

Refer to Lessons 5 and 7 for further review.
When faced with challenging situations, you can . . .

- Plan ahead to avoid or change the situation
- Ask others for help

Remember, these five problem solving steps can prevent slips and barriers:
1. Describe the problem
2. Think of options
3. Pick the best option
4. Make an action plan
5. Practice !!!

Refer to Lessons 6 and 7 in your workbook for further review.
A message from . . .

PILI Lifestyle Program

As you continue on your voyage to a healthier lifestyle, remember to think positive! Counter negative thoughts by talking back with positive ones. Negative emotions can lead to overeating and inactivity.

Manage these emotions by . . .

• Talking about your feelings with others
• Asking ‘ohana or friends for support
• Taking more control over your life
• Being active regularly
• Finding new things to do
• Getting outside every day

Refer to Lesson 8 in your workbook for further review.