

Dear Weight Management Support Group Members,

As we continue on this journey together, I want to share some motivational tips that can help us stay focused and inspired.

1. Set Realistic Goals

Break your weight management goals into smaller, achievable milestones. Celebrate each victory!

2. Keep a Journal

Track your food intake and emotions. Journaling can provide insight and motivate you to make healthier choices.

3. Find a Workout Buddy

Exercising with a friend can make your workouts more enjoyable and hold you accountable.

4. Stay Positive

Focus on what you can achieve rather than what you lack. Positive thinking fosters motivation!

5. Reward Yourself

After reaching a goal, treat yourself to something special that does not involve food.

Remember, progress takes time and effort, but together we can achieve our goals. Let's support each other and keep pushing forward!

Stay strong and inspired,

Your Support Group Coordinator