

April 2010 *LifeSolutions* Corner

I've lost some weight and I'm exercising a little more over the past couple months as one of my New Year's resolutions. But I'm losing steam and having trouble staying motivated to continue my progress. This may be outside of what you all do, but I'm looking for any help I can get!

First of all, congratulations! It's important to recognize your success and reward yourself (in non-food ways!) for progress toward your goals. And yes, we can help, as supporting people with their health and wellness is part of *LifeSolutions*' mission!

Here are some tips from UPMC Health Plan's *MyHealth Weigh to Wellness* program to help you stay on track with your long-term weight loss goals:

- ◆ Recognize your success and keep visible signs of your progress.
- ◆ Keep track of your weight, eating and activity.
- ◆ Add variety to your physical routine.

Involve others in helping you stay motivated. One of the key things *LifeSolutions* does is connect people to resources. Our counselors can help you find community programs that specialize in weight management or help you explore resources available through your health insurance – for example, a personal health coach or other support programs.

In addition, we are here as a partner if you have emotional or relationship challenges that are getting in the way of your progress – for example, struggles with depression or with a spouse who is non-supportive and even sabotages your efforts. Or if you get stuck and are unsure what the obstacle is, we can help you figure out some next steps.

Do call us at 1.800.647.3327 to schedule an appointment with one of our counselors.

Also, there are many resources on our website, www.lifesolutionsforyou.com. Click on the *WorkLife* portal (enter your company code or call us if you don't know your code) and scroll down to the Health and Wellness section.

We want to support you in maintaining a healthier lifestyle!

Source: UPMC MyHealth Weigh to Wellness Program – adapted from a program developed by the University of Pittsburgh Obesity and Nutrition Research Center

