

Facing the challenges

It's often easy to focus only on the positive things that can come from losing weight. But often there is a cost too, as you will need to change behaviours that you enjoy or have been doing for a long time. Thinking through the pros and cons realistically will help you to anticipate the things that might make your plans difficult to stick to, so that you can think ahead of ways to overcome them.

Ask yourself: "What will I gain from losing weight? What will I have to give up?"

Changing my lifestyle	
A. Advantages	B. Disadvantages
E.g. <ul style="list-style-type: none"> • More energy • Easier to fit into clothes • Improve heart health • ... • ... 	E.g. <ul style="list-style-type: none"> • Missing out on favourite food • Hard work • ...
Not changing my lifestyle	
C. Disadvantages	D. Advantages
E.g. <ul style="list-style-type: none"> • Greater health risk • Weight may continue to rise • ... • ... 	E.g. <ul style="list-style-type: none"> • Eat what you like • Don't want to think about what I'm eating • ... • ...

Changing my lifestyle	
A. Advantages	B. Disadvantages
<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •
Not changing my lifestyle	
C. Disadvantages	D. Advantages
<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •

What can I do to help me overcome the challenges in boxes B and D above?
