

## SETTING UP YOUR OWN PROGRAMME

*These are some helpful steps that you can take in setting up your own lifestyle programme*

Tick each box with a pencil each weekend to monitor your progress.

### [ ] RECOGNIZING (THE PROBLEMS FACED)

- Evaluate your health lifestyle needs
- Identify your concerns and feelings
- Inform yourself (through reading, talks etc)

### [ ] RESOLVING BY RISK/REWARD ANALYSIS

- Analyze the pros and cons of the habits you neglect and of those being suggested to you
- Make a commitment to self to follow through, as you see fit
- Visualize the “new you” (how you will feel)

### [ ] RESOURCE SEEKING AND GOAL PLANNING

- Seek resources: (e.g. gymnasium, places to walk or to get fresh food)
- Seek the help of professionals when need arises (e.g. personal trainer, nutritionist or lifestyle consultant)
- Set performance goal and plan activities:
  - *how*
  - *where*
  - *when*
  - *how much*

### [ ] REINFORCING (strengthening your new habits)

- Seek support
  - Use a “buddy” system.
  - Have an encouraging “accountability partner” (someone to keep you on the ball).
  - Join a fitness and nutrition group or gym.
  - Have fun!
- Monitor:
  - a. lifestyle activities
  - b. food intake
  - c. weight
- Use a progress chart, food diary and journal. Start with an *initial assessment* and monitor progress.
  - *Accept relapses (slipping back)* as ‘steps to success’ and not as failures
- Reward yourself with compliments and healthy treats e.g. a nice healthy meal

***Make it fun; Take your time: Start small; Use prayer (if you believe in this). Be optimistic. You can do it!***

For more information on wellness activities, visit Dr. Allen’s Website at [www.dreanthonyallen.com](http://www.dreanthonyallen.com)