



www.nhsforthvalley.com/weight

Are you ready to make long term lifestyle changes?

Benefits versus Barriers

You may already have an idea of what changes you need to make to lose weight. To be ready to make any change, it's a good idea to start to think through the benefits and barriers to losing weight.

Start to think about your individual benefits and barriers to losing weight, this will make your plan more personal and will also help you stick to your plan in times of temptation or stress. You are more likely to succeed with losing weight if the benefits are more important to you!

Benefits	Barriers
Good things that will happen if I lose weight	Things that may get in the way of me losing weight
<i>Eg. I would have more energy and feel better</i>	<i>Eg. I hate exercising</i>

Are you ready to lose weight?

Managing your weight is not about going on a short-term, quick fix 'diet', instead you need to make long term diet and lifestyle changes, that you can stick to for good.

You may have tried to lose weight in the past, but regained the weight when the 'diet' finished or were unable to keep the changes going. It may be useful to think about these times and what went well.

Also think about what you didn't like or found difficult about previous attempts to lose weight and why you were unable to stick to it.

Previous weight loss attempts	
What went well / was successful?	What you didn't like / was difficult?