



# Smart Moves

## Welcome to Smart Moves

Welcome to Smart Moves, a twelve-week weight loss and maintenance support group. You and your support group members will work together to attain and maintain a healthy weight. Beginning next week, you will weigh in with a support partner, record your weight, your short term weight goal and begin to track your progress. You will receive a weekly newsletter and participate in a three to five minute physical activity. (Don't worry, there's no need to bring workout clothes and shoes!) Meetings are designed to last 20 minutes.

### TODAY'S AGENDA

- I. Welcome
- II. Weekly newsletter
- III. Goal setting
- IV. Pair participants
- V. Activity: name game
- VI. Next week - measurements

## Setting Your Smart Moves Goal

Goal setting motivates us to achieve. Writing down a goal moves a dream closer to reality. It gives us a focus and increases our determination to take the steps necessary to accomplish the goal. People who write down their goals are more likely to achieve them. Achievement of goals builds self-confidence and increases success in accomplishing future goals. As you set your weight loss or maintenance goal, keep in mind the following information:

- Experts recommend losing no more than 5% of one's starting weight over a twelve week period of time. (For example: Someone weighing 160 pounds today, should not plan on losing more than eight pounds over the next twelve weeks.)
- Slow is the way to go! Plan to lose no more than one-half to two pounds each week. Someone who is very overweight may find it easier to lose two pounds per week than someone who is already close to a healthy weight.
- Keep in mind that you are setting a short term goal. You may need to set several consecutive short term goals in order to ultimately achieve your lifetime healthy weight goal.
- Plan for success! Set a realistic goal based on the recommendations above.



**A dream is just a dream.**

**A goal is a dream with a  
plan and a deadline.**

**– Harvey Mackay**

Check out [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) for helpful tips about weight management and physical fitness.