

Coping With Medical Problems



Medical problems can get in the way of managing weight. **Many medical problems will improve with weight loss.**

Here are tips about how to cope with medical problems:

- Focus on what you can control. Don't dwell on your limitations. For example you may not be able to run, but you may be able to walk.
- Make the most of every day. Don't let your medical problems control you. Be thankful for each new day and live that day to the fullest!
- Continue to do what you used to do as much as possible. Be creative. Break activities into small manageable tasks. For example: mow the yard in sections instead of all at once.
- Don't become a victim of your medical problem. Distract yourself by developing new hobbies or interests.
- In spite of having medical problems, most people **CAN** do some physical activity. Talk with your *MOVE!* healthcare team about physical activity that is safe for you.

