

# Change Your Thinking about Food, Exercise, and Yourself

What you **think** drives what you **do**. **You can change your thinking.** Here are some tips:



- Make a firm decision to **get serious**.
- Make your weight management program one of your **top priorities**.
- Realize that **you have control** over your weight.
- Eating and other lifestyle behaviors have been **learned**; therefore, they can be **replaced or changed**.
- Think **positively!**
- Tell yourself you're **worth the effort!**
- Think about **exercise** and physical fitness as increasing your **energy, vitality** and **well-being**.
- Think of eating and physical activity as **needing a balance**. You have the power to tip the scales.
- Think about weight management as a **life-long effort** and a way to be good to yourself.

**MOVE!**

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