

I do well with diet and exercise for a while, then I stop. How do I stay focused?

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Staying focused requires some thought and discipline. First try to figure out what causes you to stop. Are you over committed, setting unrealistic goals or using a diet or exercise plan that is not right for you?

Once you identify what keeps preventing your success you can make a plan using manageable goals. Schedule workouts like you would a hair or doctor's appointment. Write YOU into your schedule, but do not overbook yourself. One or two workouts per week are better than none.

Incorporate activities that you can do with your children or partner. Shop for the week and pre-portion meals and snacks. If snacks or sweets are causing the problem don't buy them. Sometimes stress is the culprit, so looking for ways to streamline your schedule to minimize stress.
