



make wiggle room

Learn to handle setbacks to keep your weight from spiraling out.

If you've fallen off your weight-loss plan, you can start up again by figuring out why. Are you enjoying the exercises you're doing? Do you miss certain foods? Be honest, but don't judge. Write down your answers and make adjustments as needed to regain your momentum. The following techniques can also help you slim down:

Expand your circle.

To find support, share your weight-loss goal with family and friends.

Squeeze it in.

If you can't do 30 minutes of exercise all at once, break it up into three 10-minute sessions a day.

Go with H₂O.

Flavor your water with fruit slices to replace calorie-packing sodas, sports drinks, and juices.

[learn more](#)

Visit kp.org/weight for more ideas to make every calorie count.

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