

**The Emphasis of the challenge is about**  **making small, sustainable, healthy  
lifestyle changes.**

There are 100s of ideas out there on how to lose weight.

Of those 100s, here are some basic ideas that will help you achieve safe weight loss. This challenge is not suggesting using any particular diet but rather making small, sustainable, healthy lifestyle changes.

Chances are you are already doing a lot of things right like:

* exercising at least 30 minutes a day 3 times a week
* drinking plenty of water
* sleeping at least 8 hours a night.

But chances are you are also doing some things that are sabotaging your fitness efforts like:

* stopping by the gas station and buying 2 Snickers bars to eat on the way home from work.
* watching 4 or more hours of TV a night.
* drinking soda much of the day.

The point is we all have strengths and we all have weakness.

The trick is to focus in on and change the areas that are not helping you reach your goal while acknowledging the areas that are helping you reach your goal. To know what is not working and to know what is working.

Sounds simple enough but the road between KNOWING and DOING can be a bit of a challenge. However, you have taken already taken the 1st step which is to START.