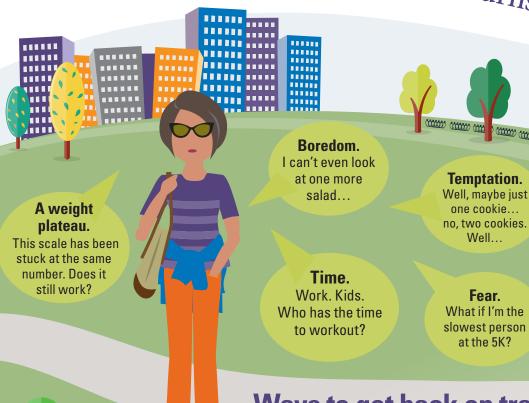
# Staying healthy is a journeyone with a few dips and turns.



# Ways to get back on track

#### **Learn from it**

Keep a journal to help you stick to your goal.

# **Revisit your motivation**

Was it to fit into a little black dress or finish a 5K? The important thing is to remember why you started.

### **Evaluate your goal**

It's OK to change the plan. Switch exercises or meal plans until you find one you like.

### Stay positive

One lapse doesn't undo all your hard work and it doesn't make you a bad person. Just keep going.

## Get back on track right away

Don't waste any time wallowing. It's never too soon to start living a healthy life.



Making Cancer History®