

Staying healthy is a journey— one with a few dips and turns.



A weight plateau.

This scale has been stuck at the same number. Does it still work?

Boredom.

I can't even look at one more salad...

Temptation.

Well, maybe just one cookie... no, two cookies. Well...

Time.

Work. Kids. Who has the time to workout?

Fear.

What if I'm the slowest person at the 5K?

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.

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