



健康媽媽, 健康寶寶

## Lesson 8 Maintain A Healthy Weight For Life

Here are some reminders that will help you maintain healthy behaviors:

- Make a commitment
- Get a support network
- Set realistic goals (i.e. aim for small changes)
- Track progress
- Keep back-up ideas and alternatives so you can always be ready
- Learn how to handle setbacks
- Reward yourself with gifts and tools that would further help you and your family stay physically active (i.e. do not reward with food).

## 第八課 適當體重，健康之道

保持健康行為習慣的小提示：

- 下定決心作出承諾
- 從朋友社交圈子上取得支持
- 定立切實的目標
- 留意進展情況
- 隨時做好準備
- 學習如何處理挫折
- 獎勵自己