

Published based on [Setting Goals to Get Healthy](#)

Setting Goals to Get Healthy

If you are reading this you have decided to do something about your weight and get your body into shape. You need to learn the proper steps and equipment to get you in shape.

It is important to set goals for yourself. Goals will help you work with a purpose, and will allow you to know if you are making headway. Click on the link to find out about our [weight loss program](#).

There are so many ways to lose weight. It can get confusing. You can also look into [best weight loss program](#).

Here are some things to think about as you set off on your [weight](#) loss goals.

1. Get a clear idea in your head about what you want to accomplish. Make sure this takes your health into account. You don't want to lose weight too fast and lose your health. If you [lose the weight](#) slowly you are more likely to maintain your weight loss. Form a picture in your mind of what you will look like when you achieve your goal. Whenever you feel like you are going to fall off the wagon you can refocus on your goals.

Here are some vital factors about losing weight. When your BMI or body mass index becomes more than 25, or your waist-hip ratio is bigger than .8 for women and 1.0 for men. when your abdomen measures more than 35 inches for women or 40 inches for men.

Do not allow yourself to keep 'upsizing' your clothing. Downsize your body! Do you get tired for doing simple tasks? You need to take matters in your own hands and lose the weight.

2. Set your ideal weight before you start and don't quit until you reach it. Reward yourself for success. buy yourself a new wardrobe when you reach the goal. Make the goal something you really want so that when you are feeling weak you can refocus your energy.

3. Make a step by step plan. Write down all the steps you need to take to reach your goal. Ask yourself what you will need to change in your diet. What bad foods are you willing to sacrifice and forget about while you are shedding those pounds. Plan your exercise. What exercises do you enjoy? Read this information to [lose pounds](#).

You can also find this article published on [Setting Goals to Get Healthy](#), and on the tag pages [BMI](#), [energy](#), [goals](#), [lose the weight](#), [lose weight](#), [shape](#), [weight](#).