



# LifeSolutions Corner

March 2015

## Staying on track for a healthy 2015

“Help! I had such good intentions to make 2015 a healthy year. I vowed to lose some weight and did well for about a month and a half. I started exercising a couple times a week. And I was even getting more sleep as I understand that’s part of a healthy lifestyle. But I’ve gotten off track and fear any gains I’ve made will soon be lost. Can LifeSolutions help me to get back on track?”

**We can!** First, it’s important to remember that change happens slowly. It’s especially hard to break old habits and develop new ones when it comes to weight management and physical activity. Don’t beat yourself up! Reaching out for support is a great step, as good planning and support are key in getting and staying on track with difficult lifestyle changes.

You and a LifeSolutions counselor can review your goals to make sure they are realistic. Together you will identify barriers and explore who else can support you in practicing your new habits. Then you can set up ways to check in so that you have consistent encouragement to stay positive and focused. Plus we connect you to specific resources that will help you stay on your journey to better health and well-being.

Call **1-800-647-3327** to schedule an appointment. Our services are free and confidential. Also go to **www.lifesolutionsforyou.com** for more information on how to maintain a healthy lifestyle. Enter your company code (call us if you do not know your company code) and look for the green arrow, **Visit our WorkLife Portal**. Under the category, Thriving, you will find much information about health for all ages.

*The information in this flier is not meant as a substitute for your company’s policies.*

To use our WorkLife Portal, email  
or call us for your organization code:

**ask@lifesolutionsforyou.com**  
**1-800-647-3327**  
**www.lifesolutionsforyou.com**

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