



## **The Action Points**

### **1. Think in terms of body composition**

While weight loss is generally a goal for most people, keep in mind that the scale doesn't tell the whole story. Your body fat percentage is more telling of your overall health. Building healthy, lean body mass is just as important as losing body fat.

### **2. Get back on the horse**

Everybody has difficulty sticking to major changes in their lifestyle at one point or another. It is okay to recognize that and give yourself another chance.

**Progress, not perfection.**