**CIRCLE OF CHANGE**

Changing habits and learning new ones is a process that consists of several stages.

PRE-CONTEMPLATION

You have no intention to change

CONTEMPLATION

You are thinking about getting healthier, but you are not quite sure how to start.

You are not sure how to find the right food plan and exercise.

You feel you want to get healthier, but you are not ready to start.

PREPERATION

You are starting to make plans.

You go out and buy the runners and exercise clothes.

You start thinking about healthier food option and you go and stock up healthy food in the kitchen.

ACTION

You have started exercising.

You have made healthy changes to your diet.

You have taken on new behaviours that lead to a healthy life style.

MAINTENENCE

You are now used to your new habits.

You are able to stick to your routine without thinking about it too much.

You had slip ups but you managed to learn from them

You are looking for creative ways to stick with your new routine.

RELAPSE

After making changes, some people will return to their previous problem behavior. This can happen at any time during the stages described above. Not everyone will experience relapse, but it is always a risk. **The key is to learn from a relapse and not beat yourself up over it and also to understand that it is normal and part of the change process.**

**AFTER A RELAPSE MAKE YOUR NEXT MEAL A HEALTHY ONE!**

**Don’t focus on how hard you might find it to get back on track, keep the focus on just your next meal.**

