

# DO YOU KNOW?

## JOURNEY TOWARDS BETTER HEALTH



**THE JOURNEY TOWARDS BETTER HEALTH IS NOT A SPRINT, IT IS A LIFELONG COMMITMENT.**

There may be obstacles along the way & support from all around is necessary. Through sharing some personal stories, we illustrate how the journey often begins, & the challenges along the way.

I tried many methods. Intermittent fasting, meal replacement, you name it. I did lose weight initially, but they were not sustainable. The dietitian helped me understand what I was lacking & planned a diet that I could keep to.  
~ Ms Amy

### Don't be afraid to seek professional help

- Most would have between 1-4 serious attempts at weight loss, & waited an average of 6 years before seeking help
- Obesity is a chronic and complex condition
- Speak to your doctor early



It helped when my daughter who also has obesity, agreed to change her diet together with me. I helped prepare meals & she was my exercise buddy.  
~ Mdm Neo

### Identify Resources & Support

- Find family and friends who will be your cheerleader
- Making lifestyle changes is easier when you are not alone.



### Identify the Motivation



- Deciding to become healthier is a big step
- What are your reasons behind this?
- Write them down, or share them with someone
- Remind yourself of the commitments that you have made

When I was 37, I was admitted for heart failure. I was shocked because I was so young. That was when I decided to take my health seriously.  
~ Mr Hafiz

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### The Big Challenge: Maintaining & Avoiding Rebound

- Maintaining weight loss is made harder by our natural biology, where our body makes adjustments to try to regain the lost weight
- Continual monitoring of our progress, making adjustments, and even medications may all be required

I did manage to lose 9kg & I felt physically better. However, maintaining the loss was very challenging, especially when life takes unexpected turns. My doctor helped me understand that this was the natural biology of the body & not my fault.  
~ Ms Chay

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