



Healthy Coping

I gained back 5 pounds and have not been exercising at all. I just want to give up.



Healthy Coping

There is so much to remember from this group. I am constantly tracking my food, trying to figure out when I can work out, and weighing myself. It was easier when I wasn't thinking about it all the time.



Healthy Coping

When I get depressed, I eat. I ate a whole bag of chicharron wheels, and then I went out to get ice cream. I wish I had better ways to cope when I am feeling down.



Healthy Coping

I am tired of having to keep writing down what I eat and doing all these steps only to find that it doesn't seem to make any improvement.



Healthy Coping

I have stress from my job and family, so focusing on me is nearly impossible.



Healthy Coping

When all that delicious food is in front of me, "I have no will power." How could I not overindulge?



Healthy Coping

In my family, we don't talk about our feelings.



Healthy Coping

My family tries to help, but it ends up causing me more stress when they make comments about the foods I'm choosing.



Being Active

After working all day on my feet, I don't want to exercise. I want to spend time with my kids instead.



Being Active

I don't have money to buy workout equipment, workout clothes, or a gym membership.



Being Active

I just don't like exercising. I was never very good at sports, and I don't know how to dance, swim, or use weights.



Being Active

I have no one to watch my kids while I work out.



Being Active

I just can't seem to get motivated to do physical activity. How can I keep up a routine?



Being Active

I don't like going to the gym and I hated gym class when I was in school.



Being Active

It's too "hot, cold, dangerous... _____ (fill in the blank)" where I live so I can't exercise



Being Active

I don't feel comfortable exercising in front of other people.



Healthy Eating

It's hard for me to eat healthy when I am at work, taking care of my family, and running errands.



Healthy Eating

It's cheaper for me to buy foods that last longer and feed the entire family. I can't afford these expensive, healthy foods.



Healthy Eating

We have many family celebrations where we enjoy special foods together. I feel left out or disrespectful if I don't eat them.



Healthy Eating

I'm really good all day about eating right, and then at nighttime, I just lose my self-control and raid the pantry.



Healthy Eating

I'll have to give up too many things I like and the small portion sizes will keep me hungry!



Healthy Eating

If I want to eat healthy, I have to cook a separate meal for me because the rest of my family doesn't like healthy food.



Healthy Eating

I don't like vegetables and fruit.



Healthy Eating

The holidays are next month, so I won't be able to eat healthy.