



It's Your Choice!

MEL Video Library Wellness Video In-Review

One of the DVD's available through the MEL Video Library is entitled "How to Make Healthy Lifestyle Changes". If you are thinking about making some alterations in your life to focus more on getting healthy and feeling better, then I would recommend this 13:32 minute video. It may not tell you anything you haven't heard before, but the key is, are you now ready to really listen? It gives an overview to making healthy lifestyle changes that will last by getting you to think about your reasons for wanting to change. It helps you determine your own long-term goals and then use short-term goals to achieve them. It also helps identify barriers to change and anticipate obstacles along the way. It suggests to keep written records, rewards (but not with food or drink), and not to be discouraged by setbacks. I think you will find some reassuring tips that will put you on the right track to having a healthier lifestyle. Remember to focus on the journey not just the destination! You can do it...if you really want to!!!