Tip of the week – **“Overcoming weight-loss setbacks”**

Sometimes you miss a few workouts and you feel like you've fallen off the weight-loss wagon. It may be tempting to mentally slap yourself around or head for the fridge but remember, weight loss is a process — it takes time. You will encounter small failures - everyone does - but every pound you gain can be lost.

If you miss a workout, it's not the end of the world! Get to the gym the next day and continue to focus on your short-term goals. Just because you made bad choices today doesn't mean you can't start over tomorrow. New day, new beginning.