

Soundbite Script – Being resolute about losing weight

Nicole O’Neill, dietitian, OSF HealthCare

“Resolutions are big picture things. So, if you have a resolution to lose X amount of weight, go ahead and make it. But then break it down into smart goals, little steps along the way so that you can achieve something and feel like you did something. So, you can celebrate success. If you just say I want to lose a bunch of weight, it's not good enough. You have to say how much weight and how you're going to do it.” (:27)

Nicole O’Neill, dietitian, OSF HealthCare

“So, if you say I want to lose 100 pounds, well sure we got the 100 pounds part but how are you going to do it? How long is it going to take you, what are all the pieces? Do you need to lose 100 pounds? Well, some people do, and some people don't. If you weighed 120 pounds at 18 years old, and you tell me today, I want to be 100 pounds that's not realistic. Even 120 pounds might not be realistic. So, setting up a SMART goal is better than a resolution.” (:31)

Nicole O’Neill, dietitian, OSF HealthCare

“If you're not drinking enough water, add more water. If you're not sleeping, let's talk about that. If you're super stressed out, see a therapist. If you don't eat any fruits and vegetables, add one. Start with little baby steps and maybe that is the hidden nugget. Do one little thing and see how you do with it and let it snowball into the next thing and into the next thing instead of trying to tackle it all at once.” (:28)