

SHAPE

22 Ways to Stay Motivated to Lose Weight Power through an "off" day and keep seeing results with these expert tips

By [Jessica Smith](#)

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Tip 16

Surround Yourself With Health

Stage your home to reflect the new (lighter) you, suggests Tara Zimliki, a personal trainer and bootcamp instructor. Stock and organize the fridge with healthy, prepped foods in clear containers, present fruit in beautiful bowls on counter tops, get a [shoe rack](#) to display your sneakers right by the front door, keep the dirty laundry off exercise equipment, etc. Adjusting your environment to reflect your intentions can make it that much easier to stay on track, she says.