

Improve Eating Habits

- **Start your day with breakfast**
- **Include a fruit or vegetable with every meal or snack**
- **Reduce portion sizes**
- **Eat slowly and eat only until you are no longer hungry**
- **Choose to eat more nutrient-dense foods**
- **Eat whole foods instead of highly processed foods**

Get Moving

- **Start slow**
- **Find a buddy**
- **Do regular physical exercise**

When Eating and Exercising Aren't Enough

- **Stress management**
- **Simplify**
- **Safety first**
- **Stop smoking and limit alcohol consumption**
- **Sleep well**
- **Surround yourself with positive people**



K-STATE
Research and Extension

»»» **ACTION PLAN**
for *healthy living*



Develop an Action Plan

- Find something you **WANT** to do.

Make it:

- **Achievable** – Something you can expect to do this week
- **Behavior specific** – Losing weight is not an action, but cutting out a bedtime snack is ...
- **Confidence level of 7 or more**

My Action Plan

This week I want to...

What? walk

How much? 1 mile

Time of day? before work

How many times? 3 days a week

How confident are you? 7

(0 = no confidence; 10 = total confidence)

My Progress

<i>Did it!</i>	<i>Comments</i>
<input type="checkbox"/> Mon	<u>called to work early</u>
<input checked="" type="checkbox"/> Tues	<u>great day to walk!</u>
<input checked="" type="checkbox"/> Wed	<u>windy but did it!</u>
<input type="checkbox"/> Thu	<u>thunderstorm in a.m.</u>
<input type="checkbox"/> Fri	<u>drove car pool</u>
<input checked="" type="checkbox"/> Sat	<u>walked a.m. and p.m.</u>
<input checked="" type="checkbox"/> Sun	<u>beautiful day to walk</u>