

CLIMB THESE STEPS TO A HEALTHIER YOU!

You are never too out of shape, overweight, or old to change your habits.

With all of life's demands, it is easy to let your health and fitness slide. Below are a few tips on how you can get on track with healthy habits. Chances are, you will realize it is not as hard as you think.

STEP 4: STICK WITH YOUR NEW HEALTHFUL HABITS.

Do not be discouraged if you slip up. Keep going!

Reward yourself as you meet your goals. You deserve it!

STEP 3: CREATE A PLAN OF ACTION.

Make fun, small changes to improve your habits.

- Explore fun activity options like dancing or biking.
 - Include family and friends for motivation and support.
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STEP 2: WHAT IS STOPPING YOU? JUMP OVER THOSE OBSTACLES!

Identify your roadblocks.

- No time? Exercise before work, during your lunch break, or before dinner.
 - Do you dislike the taste of healthy food? Make your favorite meals in a healthy way.
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STEP 1: NO MORE EXCUSES. IT IS TIME TO THINK POSITIVELY!

Set goals and target your motivation.

Think of realistic and gradual changes you can make to improve your diet and physical activity level.

Are you ready to change your habits and maintain a healthier lifestyle?

Contact WIN for more FREE information.

Weight-control Information Network:

Toll-free Number: 1-877-946-4627 | E-mail: WIN@info.niddk.nih.gov | Internet: <http://www.win.niddk.nih.gov>



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