



HEALTHY COMMUNITY KIT

WEIGHT-CONTROL INFORMATION NETWORK



NIH...Turning Discovery Into Health

Getting the Most from Your *Healthy Community Kit*



This kit includes numerous tools that your organization can use to help educate individuals on the importance of maintaining a healthy lifestyle. The Weight-control Information Network (WIN) has a wealth of free information that can be used to spread the word about the health risks of overweight and obesity!

Here are a few tips to help you get started:

- Post one of WIN's ready-to-use articles or print public service announcements (PSAs) on your website or in your newsletter.
- "Like" WIN on Facebook and comment on our posts.
- Post WIN flyers on your website using the PDFs in the zip file we have provided (http://www.win.niddk.nih.gov/publications/zip_files/HCK.zip).
- Post the WIN website link on your organization's website.
- Request and distribute free WIN brochures on nutrition, physical activity, weight control, and obesity at your community-based event.
- Create your own promotional tools or education resources using PDFs from the WIN website (<http://www.win.niddk.nih.gov/publications/index.htm>). For example, open the *Weight Loss for Life* publication in PDF and print pages 2 and 3 ("Can I benefit from weight loss?" and "How can I lose weight?") double-sided on an 8.5- by 11-inch sheet of paper. You have just created your own handout!
- Inform your community of the services provided by WIN.
- Using WIN materials, create a bulletin board display in your local health department. Use some of the catchy subtitles in the WIN brochures as an eye-catching title, such as "Exercise Your Options" from *Getting on Track*. You can then highlight a few of the different activities suggested in the booklet. Use bright colors and pictures to grab the attention of those passing by.

Let's work together to improve the health status of this country and set an example for future generations!



Changing Your Habits: Steps to Better Health

Changing Your Habits: Steps to Better Health

WIN Weight-control Information Network

Do you want to eat healthier or become more active?

Most Americans have tried to eat healthier or be more physically active at some point in their lives. Why, then, do many of us eat high-fat and high-calorie foods and have such a hard time fitting in exercise? You may be wondering: is it even possible to change your habits?

The answer is **yes!** Change is always possible, and a person is never too out-of-shape, overweight, or old to make healthy changes.

This fact sheet offers strategies to help you improve your eating and physical activity habits. Whether you feel like change is a world away or just around the corner, the information here can help you get started.

One Step at a Time

Old habits die hard. If you want to change your habits, you may find it helpful to make realistic and gradual changes one step at a time and at your own pace. It is important to think about what motivates **you**, what trips **you** up, and what **you** enjoy when it comes to eating and activity habits. There is no such thing as a “one-size-fits-all” approach.

The first step in developing your personal plan for change is to figure out where you stand. Many people who are interested in becoming more active or eating healthier foods fall into one of four “stages” of change. Read on to find the stage that applies to you now.

Change is always possible, and a person is never too out-of-shape, overweight, or old to make healthy changes.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

NATIONAL INSTITUTES OF HEALTH

NIDDK | NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Changing Your Habits: Steps to Better Health is a fact sheet that encourages readers to make realistic and gradual changes toward a healthier lifestyle. The publication emphasizes how making these changes is an individual process: “It is important to think about what motivates you, what trips you up, and what you enjoy when it comes to eating and activity habits. There is no such thing as a ‘one-size-fits-all’ approach.” In fact, readers are taken through steps to determine what “stage” they are in—how ready they are—to make healthy lifestyle changes. Once that stage is determined, strategies specific to each stage are offered on how to make changes.

In addition, *Changing Your Habits: Steps to Better Health* lists sources for further reading and information, such as the American Heart Association and the National Diabetes Education Program.

This publication may be:

- Placed on display in a waiting room.
- Distributed to your clients and patients.
- Used as a handout during a teaching lesson.

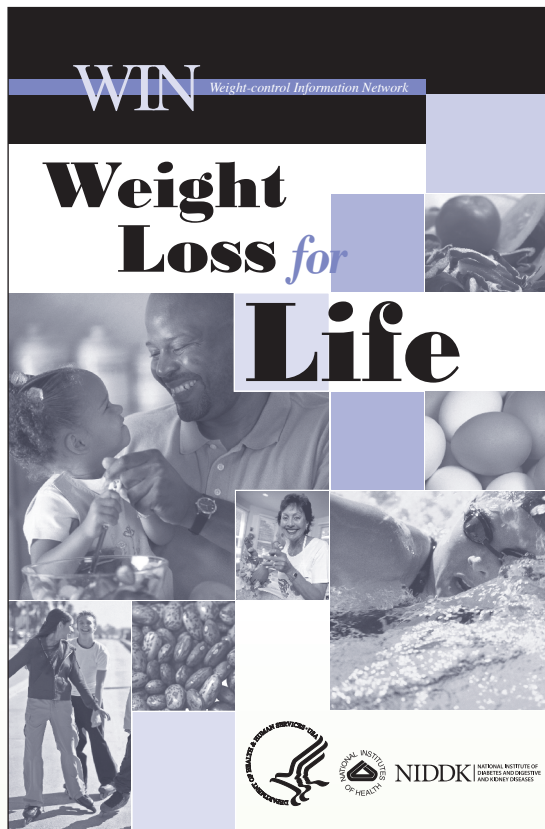
(Print the PDF, available at <http://www.win.niddk.nih.gov/publications/changing-habits.htm>.)

- Referenced for a newsletter article or flyer.

All WIN publications are free of charge from the WIN website. To order free copies of *Changing Your Habits: Steps to Better Health*, and to see a complete list of WIN materials or download them, please visit <http://win.niddk.nih.gov/publications/index.htm>. Quantities of this publication are limited, but to get 25 free copies, simply call our toll-free number: 1-877-946-4627.



Weight Loss for Life



Weight Loss for Life is a brochure that encourages readers to make realistic changes in their eating and physical activity habits that may help keep weight off for a lifetime. The publication addresses benefits of weight loss, how to lose weight, and the various types of weight-loss programs available. “Even if you do not need to lose weight, you still should follow healthy eating and physical activity habits to help prevent weight gain and stay healthy as you age.” Included in the brochure is a body mass index (BMI) chart. BMI is one way to tell whether you are at a healthy weight, overweight, or obese. It measures your weight in relation to your height. Once BMI is determined, strategies to create a plan for healthy eating and regular physical activity are discussed.

In addition, *Weight Loss for Life* lists resources for more information, such as the U.S. Department of Agriculture’s ChooseMyPlate website and the U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition.

This publication may be:

- Placed on display in a waiting room.
- Distributed to your clients and patients.
- Used as a handout during a teaching lesson.

(Print the PDF, available at http://www.win.niddk.nih.gov/publications/for_life.htm.)

- Referenced for a newsletter article or flyer.

All WIN publications are free of charge from the WIN website. To order free copies of *Weight Loss for Life*, and to see a complete list of WIN materials or download them, please visit <http://win.niddk.nih.gov/publications/index.htm>. Quantities of this publication are limited, but to get 25 free copies, simply call our toll-free number: 1-877-946-4627.

