

Commit Today to Being a HEALTH CHAMPION

for family, friends, and yourself!

Juggling family, work, and other duties make moving more and eating better a challenge for all of us. But improving our health is worth the effort, and having someone to get us started can help! We all need a role model in our community or family to be a **HEALTH CHAMPION** and show us that healthy habits can be part of our daily routine.

Tips for setting goals

- **TRACK BARRIERS** that keep you and your family and friends from moving more and eating better. When you meet or talk, discuss what barriers each person faced and what everyone did to overcome the barriers.
- **ENCOURAGE YOUR FAMILY AND FRIENDS** to make a plan to move more and eat better. Include clear goals. Remind them that if they go off course they can always get back on.
- **MAKE A FLYER** with these tips to hand out at family events or post around your community.



Tips for getting active

- **CHOOSE AEROBIC ACTIVITIES** that are fun, like biking, walking, or playing soccer with friends. Aerobic activities make your heart beat faster and make you sweat. Making exercise fun may show others that being active is not always hard to do.
- **MAKE EVERY STEP COUNT.** If you work in an office setting, walk to your coworker's office instead of making a phone call or sending an email.
- **TRY ACTIVITIES THAT WILL ADD MORE MOVEMENT TO YOUR DAILY LIFE.** Choose parking spots that are farther away from where you are going and walk the last few blocks. (Make sure the places you park and walk are well lit.)

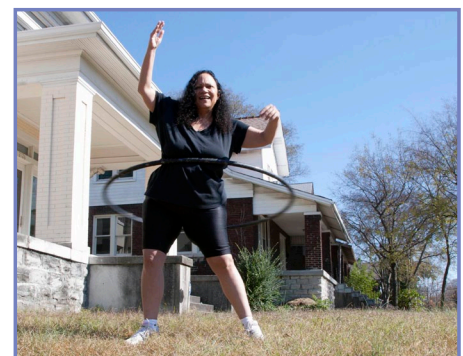


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NIH...Turning Discovery Into Health®

Tips for inspiring others

- **MAKE IT A TEAM EFFORT.** Support each other by sharing words of support, inviting each other to be active together, and sharing a potluck of healthy dishes.
- **PRACTICE WHAT YOU PREACH** and use a basket rather than a cart at the grocery store. This may help you only get what you need, rather than tossing in extra items that you come across that are on sale, like big boxes of refined foods or snacks.
- **SHARE A MEAL** when eating out. This may help you and those around you manage portions and stay on track.
- **TAKE A PICTURE** of your healthy dish and text it to friends or post on your Facebook page to inspire others and keep the ball rolling.



Tips for keeping on track

- **EXPAND YOUR ROLE** as Health Champion. Set up a *Sisters Together* program at your place of worship, community center, or workplace. Check out the *Sisters Together* program guide to get started: <http://win.niddk.nih.gov/publications/PDFs/SisPrmGuide2.pdf>.
- **CHECK THE MENU** for terms and icons that indicate healthy items, such as low-fat, low-calorie dishes.
- **USE SIMPLE TIPS**, including those from this flyer, to create a Health Champion Action Plan to help people in your community get on track!




Tips for getting started online

- **POST LINKS** to WIN's Lifespan Series and *Sisters Together* materials on your Facebook page or website. You can download these materials for free at <http://www.win.niddk.nih.gov/sisters>. It's easy—start by liking WIN on Facebook and sharing our posts.
- **PROMOTE AND POST TIPS** on healthy eating and physical activity on your Facebook page or as your signature tagline when sending an email. Add tips from friends and family members to keep them excited about getting healthier.
- **START A CHAT GROUP** and exchange healthy recipes or discuss how people have reshaped old family favorites into healthier dishes by cutting down on fat, sugar, and salt.



Contact WIN

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