



ACTION STEPS FOR HEALTH & HAPPINESS

Motivation is the gateway for adopting healthy changes



- Decide what changes YOU want to achieve, not what someone else wants you to do.
- Remind yourself, daily, why you want to make a health change. Picture the change taking place.
- Post reminders around the house.
- List things you have achieved and are proud of. Use your successes to realize that you can accomplish any goal you set your mind to.



Dos

- Choose salads with low-calorie dressing and limit portions when eating out.
- Keep healthy snacks handy so the healthy choices are the easy choices.
- Be patient. It takes up to 6 weeks to make a new habit.



Don'ts

- Don't supersize a fast food meal.
- Don't choose coffee beverages with syrup as a daily habit.
- Don't let slip-ups keep you from making permanent, healthy changes.