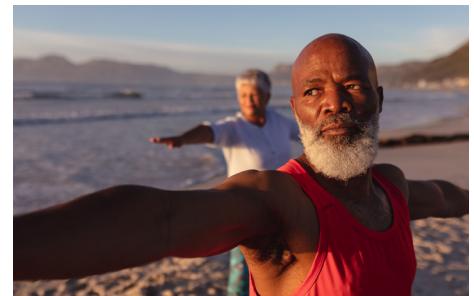




ACTION STEPS FOR WELLNESS

Take control of your health



It's easy to complain, make excuses, list a million reasons why you can't lose weight or get fit. Take control by changing the way you think about your health. Don't let excuses hold you back.

Action Step: Make a date with family members to walk after dinner – every night. Those left behind have to do the dishes.

Excuse	Solution
"I don't have time."	Take the stairs, make healthy meals, walk more.
"It costs too much."	Exercise at home or walk at a mall or at a local high school track.
"I need motivation."	List the reasons you should be motivated: Kids, spouse, better quality of life, longer life. Recruit family and friends to join your efforts.
"I'm not much of an athlete."	Find something you like to do – walk, dance, ride a bike, or fitness class.
"Healthy food? Yuck!"	Start simply by preparing foods with a little less butter, sugar, and salt.
"I don't know how to start."	Talk to your doctor, a nutritionist, or a fitness professional.
"I'm too tired."	Making time to exercise and eat healthy foods gives you more energy.