

SCALE BACK ALABAMA LET'S GO

As you get ready to make some healthy changes in your life, remember that setting small, attainable goals will have a big impact on your journey towards making improvements! Set yourself up for success by keeping these tips in mind. You CAN do it! Set yourself up for success by keeping these tips in mind:

- **Keep it Simple** Simple adjustments to your daily routine are much more manageable than trying to change your routine completely. You'll be more likely to continue the changes if they aren't too different from what you normally do. Try drinking water instead of soda, including a vegetable with two of your meals each day, walking to lunch or on your work breaks, or eating smaller portions. Adding one or two simple goals at a time will add up to big lifestyle changes!

- **Stay Motivated** Work with your support system to keep your eye on the prize – a healthier, happier, YOU! Support from your partner, family, and friends will help to keep you encouraged and working towards your goals. .

- **Be Active** Aim for 30 minutes of physical activity most days of the week (generally, you have to burn 500 extra calories per day to lose one pound per week)! Anything that gets your heart rate up counts as physical activity and you don't have to do all 30 minutes at once. Try taking the stairs instead of the elevator, walking to lunch, walking during your breaks, parking farther away than usual, or riding your bike to work to squeeze in your physical activity each day – no gym membership required!

- **Be Realistic** Remember to be realistic with your expectations of yourself and the process. Habits will not change (and weight loss will not happen) overnight. If you hit a plateau, switch things up a bit and keep going.

- **Set a Timeline** Setting an amount of time to achieve your goal keeps you focused on taking one step at a time. You'll need to lose a little over 1 pound per week to meet your SBA goal.

Visit scalebackalabama.com for more tips and support. Be sure to connect with us on Facebook, Instagram, and Twitter to see how others are getting started and for program updates. Let's go!

Links:

How To Start A Healthy Lifestyle
https://www.livestrong.com/article/353920-how-to-start-a-healthy-lifestyle/

Healthy Weight Loss Goal Tips
http://dailyburn.com/life/health/healthy-weight-loss-goals/

Health Eating for a Healthy Weight
cdc.gov/healthyweight/healthy_eating/index.html

Inclusion Tip:
In addition to the above tips, remember that physical activity is for everyBODY! As you are planning out how to tackle your SBA goals, remember that consistency and a manageable routine is key. Engage in activity according to your abilities and most importantly avoid inactivity. A well-rounded program should include activity that will not only help you reach your SBA goals, but aid in maintaining or improving functional independence. The NCHPAD website (www.nchpad.org) has a wealth of information to help you find ways to incorporate physical activity and healthy living goals. Start in the Exercise and Fitness category, with programs such as 14 Weeks to a Healthier You! or Champion's Rx. You can also explore the NCHPAD YouTube channel to see the possibilities and generate exercise ideas that work for you.

FAMILY MATTERS: Get your family on board with living a healthy lifestyle by brainstorming together, having each person write down a few positive goals. Read everyone's ideas and vote on the top one or two goals that you want to focus on together. Work together to create a family plan and talk about how each family member can contribute. Be sure to set specific, measurable goals and decide on a non-food reward that the whole family can enjoy when the goals are reached. Maybe a trip to the movies or an overnight trip to the beach? Get creative! Family goals should focus on promoting healthier lifestyle choices, like eating more fruits and vegetables, decreasing television time, taking a walk after meals, drinking water instead of sodas, rather than weight loss goals (kids shouldn't be encouraged to lose weight!).