



## Healthy Weight

*Personal Challenge:* Develop Healthy Living Habits for a Lifetime.

Choose two or three of the following activities to carry through the week, at a comfortable level. Continue four months while gradually adding the others. Then decide how to keep them up all year.

- **Stop dieting.** Stop making weight loss goals and “waiting to be thin.” Stop weight obsessive thoughts. Instead, be your own best self, starting right now. Decide it’s time to get on with living your life to the fullest.
- **Be active in your own way every day.** Focus on the pleasure of movement and its health and energy benefits, not calories burned. Don’t overdo it, or it won’t become a habit. For most adults, an appropriate level is about 20 to 30 minutes a day for at least five days a week. Avoid long periods of inactivity.
- **Identify and build on your own special talents, traits and interests.** Use self-talk and affirmations to enhance personal acceptance, respect, self-esteem and positive body image.
- **Feel good about others.** Expect and extend respect, tolerance and acceptance.
- **Promote good relationships** and communication with family, friends and acquaintances. Spend time enjoying social activities. (cont...)

## 12 Easy Ways to Enjoy Activity at Work

1. **Wear a Pedometer at Work.** Since every step counts, wearing a pedometer is a wonderful motivator to move more during your workday.
2. **Walk Around the Office.** There’s no need to sit still while you talk on the phone or think. Pacing & fidgeting are physical activity.
3. **Walk Around the Building.** Sometimes a face-to-face talk is the best way to communicate (& it gets you up & moving around).
4. **Walk Up (& Down) the Stairs.** If you have a choice, always take the stairs. If you have stairs, take as many trips up & down as possible.
5. **Walk Around the Block.** Got a coffee break? Get a few free minutes? Take a walk outside & get some fresh air (& extra steps).
6. **Walk & Talk.** Need to discuss something with a co-worker? A walking meeting can be more productive & healthier too!
7. **Lift Weights While You Talk.** Keep a weight near the telephone; pick it up when you get a call & pump your arms while you talk.
8. **Take a Weight Break.** Feeling tired & bogged down? Take five minutes to lift your hand weights & get your blood flowing.
9. **Work Your Abs.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles & release. Repeat.
10. **Stretch Your Arms & Legs.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind & body will be more flexible.
11. **Stretch Your Stress Away.** Tension in your shoulders, neck & back is easy to release with standing stretches & a resistance band.
12. **Check Your Pedometer.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?

- **Rediscover normal eating** – eat at regular times, typically three meals and snacks to satisfy hunger. Tune in to your body’s internal signals of hunger and fullness – eat when you’re hungry and stop when full and satisfied. Enjoy your food. Notice how much better you feel!
- **Eat well.** Include all five food groups every day: bread and grains, fruits, vegetables, milk and dairy, meat and alternates. Choose balance, variety and moderation. All foods can fit.
- **Relax and relieve stress in your life.** Take time for a daily 10-15 minutes relaxation session. Or just empty your mind and let your body go limp for 30-second relaxation breaks occasionally throughout the day. Be flexible, relax and go with the flow.
- **Respect and appreciate size diversity.** Reassure yourself and others that beauty, healthy, and strength come in all sizes.

You may choose to make a personal contract and give yourself a reward at the end of each week. If you’ve set your challenges too high, you’ll know it: cut back before they become burdensome. Make healthy living changes gradually, one baby step at a time, small changes you can live with for the long term.



## Do You Get **30 Minutes** of Moderate Physical Activity **Every Day?**

### It is Easy & Simple

#### Examples of Moderate Amounts of Physical Activity

- **Washing & Waxing a Car** (45-60 minutes)
- **Washing Windows or Floors** (45-60 minutes)
- **Gardening** (30-45 minutes)
- **Wheeling Self in Wheelchair** (30-40 minutes)
- **Pushing a Stroller** (1.5 miles in 30 minutes)
- **Raking Leaves** (30 minutes)
- **Walking** (15 minutes/mile)
- **Shoveling Snow** (15 minutes)
- **Stair Walking** (15 minutes)
- **Playing Volleyball** (45 minutes)
- **Playing Touch Football** (30-45 minutes)
- **Basketball (Shooting baskets)** (30 minutes)
- **Bicycling** (5 miles/30 minutes)
- **Dancing Fast (Social)** (30 minutes)
- **Water Aerobics** (30 minutes)
- **Swimming Laps** (20 minutes)
- **Basketball (Playing game)** (15-20 minutes)
- **Jumping Rope** (15 minutes)
- **Running** (10 minutes/mile)
- **Wheelchair Basketball** (20 minutes)



### Smart Tips for Moving More

- Start out slowly
- Choose moderate-intensity activities you enjoy
- Build up time spent gradually
- Vary your activities
- Explore new physical activities
- Reward & acknowledge your efforts

### It's Winter

- Dress in layers so that you can remove or put back on as needed.
- Wear a hat to minimize the body heat loss from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during & after exercise.
- Wear sunscreen & sunglasses to protect from damaging rays reflected by snow.