



Wellness Buddy Wednesday Tip

Make a Pledge to Yourself

As you take a few moments to reflect upon this past year and your expectations for the upcoming one consider making a pledge to substitute several of your current habits with healthier lifestyle practices. Visualize the reward of a fit, healthy body and improved quality of life to aid you in making your decision to devise a robust plan for this new year.

Once you decide upon new habits to embrace, to prevent reverting to your old poor habits rehearse those new ones at every opportunity. If a former undesirable habit resurfaces re-visualize your healthier lifestyle objectives. Get back on track by bringing to mind the rewards of “sticking with it” compared to a few moments of temptation.

You may want to consider one or more of these health improving habits for this year:

- Limiting but not totally eliminating high-calorie foods,
- Including lots of variety in your meals and snacks,
- Becoming a quality eater, not a quantity eater,
- Easing into increasing physical activity, work up to more strenuous activity,
- Cutting out fast and prepackage food for 10 days; you'll stay with fresh,
- Collecting a file of tasty, easily prepared recipes,
- Substituting water for sodas.

Keep in mind that 1) controlling body fat is more important to health than controlling weight, 2) smart eating and regular exercise are the best ways to keep a healthful weight, 3) no matter what their source, all calories add up the same way, and 4) watching your diet and exercising is more important than watching the scale.

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Nutrition and physical activity is our mission!