

Mindset 5: "I've Done It! I Want to Continue"

Congratulations! You've made behavior changes and have sustained those changes for 6 months (when behaviors become habits). You know you can succeed with the goals you've set. At this stage you are trying to avoid boredom and burnout. You now need action-oriented activities that allow you to try something new.

Try these:

- Offer your support to your friends and co-workers who are in the beginning mindsets. Be a worksite mentor.
- Sign up for a new type of exercise class. Try something different that looks interesting to you.
- Is there a cooking class that you have always wanted to take? What about a class using soy, herbs, or foods from different countries?
- Form a cooking club in your neighborhood or at work. Meet every so often to share nutritious recipes.
- Start an indoor or outdoor herb garden. Grow the herbs and use them in recipes.
- Reward yourself with some new ideas included in this booklet on page 14.
- Other Ideas _____

Self Evaluation-What Changes Do You Want to Make?

What changes in your diet do you want to make?

What has worked in the past and why?

What has not worked in the past and why? List these barriers.

How do you want to increase your activity?

What will help you increase your activity?

Mindset 3: "Making Plans"

You have decided to make a change and are in the process of planning the change within one month.

You may have already tried changing in the recent past, but have not developed a regular habit. You are making some small changes, but may be having trouble sticking with a healthy eating or exercise routine.

You need information about getting started and setting the right type of goals (look at goal setting at the back of booklet) and overcoming barriers.

- Now it's time to get started. Begin with a self-evaluation included in this booklet on page 8.
- Identify your barriers to success and determine how to overcome those barriers with information in this booklet on pages 10-13.
- Set a goal(s) and make a commitment. Use the included goal sheet on page 9 to help you determine what changes you want to make and how to effectively set goals on page 9.
- Remember – you need to feel you can accomplish your goals. This is called self-efficacy.

Overcoming Barriers – Eat Healthier

Try to include a fruit or vegetable with each meal and eat at least 5 a day. Use Your Pyramid Slide Guide and Healthy Snack Turn. Also look on GetFIT Connections™ Goal Coupons 9 and 10.

Are you getting appropriate calcium amounts in your diet? Be sure to include 3 a day of low-fat dairy or a supplement. Look on GetFIT Connections™ Goal Coupon 15.

Include plenty of water – 8 glasses a day.

Add more whole-wheat products to your diet. Strive for 23 grams of fiber each day. Include whole-wheat pasta and breads and other items in your GetFIT Connections™ Goal Booklet – Goal Coupon 1.

Bake, grill, broil, or steam fish, poultry, and lean red meat.

Reduce your portion sizes. Look at GetFIT Connections™ Goal Coupon 4.

Find other tips throughout the GetFIT Connections™ Program.

Mindset 1: "Who Me? I Need to What?"

You need to find out more about the risks of your increased weight, decreased nutrition as well as inactivity. When you care about the consequences, then you can begin to manage your weight. Did you know that:

- 1/3 of cancer deaths in the US each year are due to decreased physical activity and obesity
- obesity is associated with increased risk for certain cancers such as heart disease, stroke, and diabetes
- increasing physical activity to vigorous for 45 minutes five or more days a week may reduce risk for colon and breast cancers
- fruits and vegetables contain cancer fighting antioxidants and phytochemicals that may help protect against cancer; these chemicals give fruits and vegetables their colors, so eat a variety of colors each day

Here are some activities to help increase your awareness:

- Is it time for a physical? Get a physical and ask your physician to be specific about the lifestyle changes you need to make.
- If your health is not good, what will the consequences be to your family and friends?

What will convince you that you need to make lifestyle changes?

Overcoming Barriers When Dining Out

Dining out becomes a problem when the majority of your meals are eaten outside of the home. Follow these tips before placing your food order and the food arrives at your table:

- If you have a food that tests your willpower - like rolls, breadsticks, or flavored oil, ask that it not be served, or specify amounts such as 2 breadsticks for 2 people.
- Minimize, not supersize. Ask for a small order of French fries, or split an order with someone.
- Does your portion look too big to eat it all? Then split your food amount in half before you take the first bite and push it to the side of your plate.
- Ask for sauces on the side.
- If you know you want something healthy, refrain from looking at the entire menu and look for the 'lite' selections or heart healthy options, sometimes identified with a heart.
- Be the first to order so you are not swayed by others orders.
- Don't save calories by skipping meals throughout the day - you will just end up eating more.

Okay, what will you do?

Your GetFIT Connections™

When you make the commitment to create a healthier lifestyle, you want to make changes and maintain those changes. Begin by determining which of the following best describes your attitude towards making change:

- "Who me? I need to what?"
- "One of these days I'll get around to it"
- "I'm making plans"
- "I'm doing it"
- "I did it! Help me continue"

If you know what stage of readiness for change (or mindset) you are in and set goals tailored to that stage, then you have the greatest chance of succeeding. Begin by determining which mindset best fits you. Then look at the activities and goals that will help you progress to your goal.

Take advantage of the tips in this booklet to help you increase your activity, eat healthier at home and when dining out and oh yes, reward yourself !

Fun Healthy Lifestyle Activities and Rewards

- Find a fun cooking class and enroll with friends.
- Experiment with new herbs - grow an inside herb garden and add these herbs to new recipes.
- Try new recipes with different ethnic twists.
- Find new gadgets to use - like a lemon zester to add a fresh touch of orange or lemon flavoring to salads and sauces.
- Add teriyaki sauce as a topping for pasta.
- Don't like to peel fresh garlic? Try garlic and ginger in a jar. Add ginger to stir fry recipes.
- Buy new cookbooks from half price book stores.
- Try a new Chinese recipe that calls for Chinese 5 spice.
- Try mixing vegetables and fruit in a recipe, like a strawberry and blueberry salad.
- Try baking or grilling seafood or poultry with vegetables in aluminum pouches.
- Buy a new, comfortable and stylish exercise outfit.
- Lead a healthy cooking class.