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# MAKING CHANGES

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Turn your resolutions into solutions!

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## Small Changes That Make a Big Difference

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Here are a few small changes that you can try...

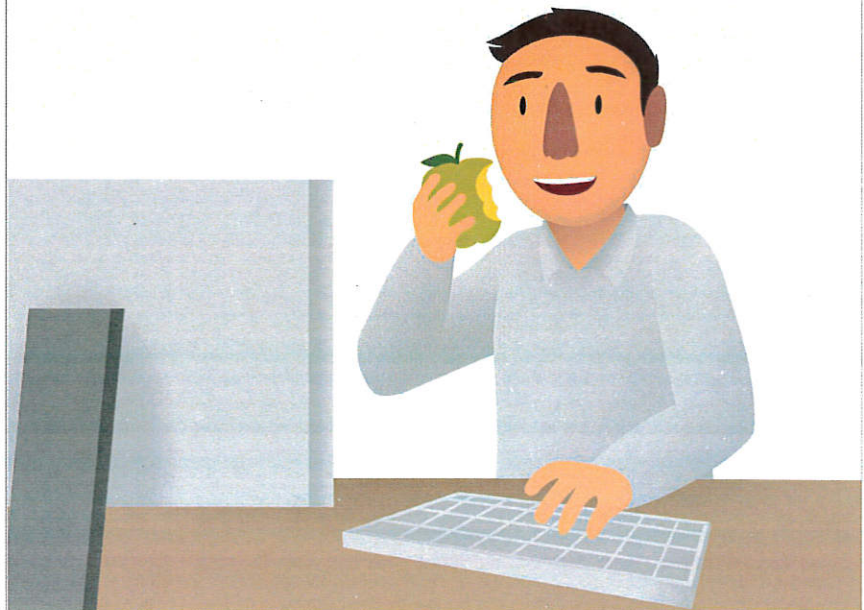
- Replace soda with water
- Increase fruit and vegetable consumption
- Find a way to be active on most days
- Try new and healthful snacks
- Eat fruit for dessert
- Choose leaner types of protein foods
- Replace full-fat dairy with low-fat or nonfat alternatives
- Try a new exercise class (in person or online)
- Try to make a plate match MyPlate during at least 1 meal per day
- Switch out some refined grain foods for their whole grain counterparts
- Go for a walk on most days

Where will *you* start?

## Think Long-Term:

In order to make resolutions into long-term solutions, you need to set goals that are sustainable over time. This often means starting slowly and implementing changes gradually. Small changes can add up, and they're often easier to sustain than large, life-changing adjustments.

When it comes to changing eating habits, it's wise to consult with a health educator, like a dietitian or doctor. The same is true for exercise habits. As you implement changes, consider ways to (healthfully!) reward yourself for sticking to your plan and reaching milestones. This can help keep your motivation going strong!





## HOW-TO ACHIEVE YOUR HEALTH GOALS:

# MAKE A MOTIVATION KIT

If you are pursuing health, weight, and fitness goals, it is a good idea to make a personal motivation kit. Your kit can inspire you to stay on track through out the process. Here are a few ideas for items that may remind you of the importance of your efforts:

- **A magazine article about people in the National Weight Control Registry.** You can find a sample in People magazine — look for the issue about losing half your weight.
- **A list of reasons to lose weight,** including better blood glucose control, make family proud, maybe taking less medicine for diabetes, blood pressure, and cholesterol, etc.
- **Wedding picture**
- **Photos of children/grandchildren**
- **Progress report** including milestones like I can cross my legs, I sleep better, people tell me I look great, exercise is more fun, etc
- **Motivational saying** such as “We can do anything we want as long as we stick to it long enough” (Helen Keller)
- **Lab reports**
- **Travel photos**

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Each morning brings a new chance to do something right.