

## **MAKING HEALTHY HABITS**

Making smart lifestyle choices is crucial to maintaining good health and reducing risk of illness; but it's not always easy! Here are some tips to help you make wise lifestyle choices, and remember, healthy habits only become habits when you do them more than once!

1. **Plan ahead.** Go grocery shopping and keep healthy food at home. Plan your meals or make large batches of healthy foods on the weekend to eat throughout the week.
2. **Don't keep unhealthy foods in the house.** Save high-sugar or high-fat treats for special occasions only – not everyday eating. Chances are, if you've got junk food at home, you'll eat it, so be pro-active and don't buy it in the first place.
3. **Avoid eating late at night.** To prevent the evening munchies, make sure to eat small meals or snacks every 3 to 4 hours throughout the day, including a well-balanced dinner.
4. **Don't grab fast food on impulse.** Pack healthy snacks and bring them with you, such as an apple, baby carrots, almonds, hummus & whole grain crackers, edemame.
5. **Be aware of emotional eating.** Many of us eat for comfort when we're stressed, upset, or bored. Instead of automatically reaching for food, first take a deep breath and decide if you're actually hungry. If you're eating for reasons other than actual hunger, make a note of it to prevent emotional eating from becoming a habit.
6. **Prioritize exercise.** It's easy to let exercise feel optional and therefore, it often doesn't get done. Plan your exercise schedule for the week and stick to it. If that feels too daunting, start by committing to 1 day and build from there. All adults need a minimum of 2 ½ hours of physical activity per week.

Overall, keep your larger goal in mind: to live a healthy, fulfilling life. Let this goal influence your lifestyle choices throughout the day.

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