

Small Steps Lead to BIG CHANGE

When it comes to healthy behaviors, most people know what to do: eat well, exercise regularly, get enough sleep, stop smoking, and do things in moderation. But if we all know this, why don't we just do it? One reason is that change is hard. And making changes when it comes to diet and exercise is even harder, because most diet and exercise programs require that you make huge changes. That's why they often fail.

One way of moving towards a healthier lifestyle is by focusing on continuous improvement through all aspects of life. If you make one small change at a time, your chances of success are much higher. And making those small, progressive changes can lead to big rewards. See page two for tips on getting started.



HAVE YOU MADE A CHANGE?

Learn to recognize your positive and negative feelings about food, and understand that you can choose how to respond.

- Eat slowly. Savor and think about the flavors in each bite. You'll tend to eat less.
- Don't watch TV while you eat; you won't concentrate on the food and may overeat. People who eat while watching the tube tend to consume more calories.

HALO

Have you been in contact with your health buddy? It is our hope that each of our Link Sisters reaches their health and wellness goals.

You can assist by
"Helping A Link Sister Out"

Ways you can help:

- Telephone call
- Email
- Card
- Text message
- Send articles
- Lunch/dinner

For more information on any HHS programs:

Please contact a member
of the Health & Human Services
FACET

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Want to Live Healthier? Here's How to Get Started



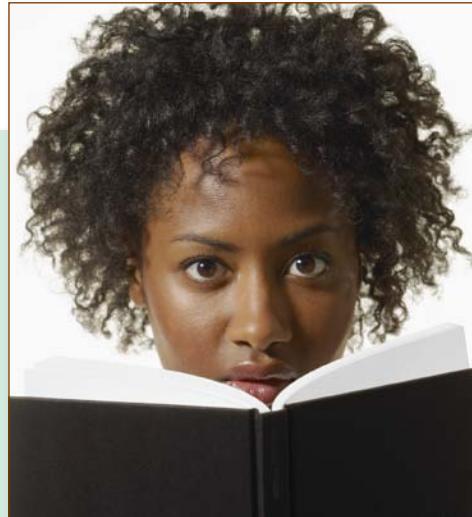
Nutrition

If you have made a healthy lifestyle change, we would love to hear about it. Tell us about the changes you have made and how these changes have improved your health.

Your story could be published in an upcoming issue of our Health & Human

Services Newsletter.

Write your story and be a role model for good health.



Inspirational Change Some Motivational Tips

Make a list of all the reasons you are changing your lifestyle, along with specific, reasonable goals and timeframes.

Reading this list first thing in the morning can be a good motivator.



Movement Can Lead to Improvement

Adding just a little more physical movement to your life can help:

1. Reduce the risk of heart disease, stroke, and diabetes.
2. Improve joint stability.

Inspiring Words from Others

Share your wellness goals with others so that they may hold you accountable and encourage you along your journey.

Reach out to a family member, friend, or Links buddy for support and motivation.

