

How to Make Healthy Living Second Nature:

30 ways to help establish healthy habits and lifestyle changes.

- 1) Make a list of all the reasons you want to get healthy. The first thing in the morning read over that list to bring motivation to your day. Post on the fridge or near the front door.
- 2) Never eat straight out of the container. You have no way of keeping track of all the calories consumed.
- 3) Start your meals with a salad or a cream-free veggie soup. High volume low calorie appetizers will help fill you up before a high calorie entrée comes to the table. Bread is not low calorie!
- 4) Do squats or leg lifts while heating something in the microwave or the stove top. Moving whenever you can.
- 5) Look at your schedule for the upcoming week, save low-fat frozen dinners for those nights.
- 6) When you go into the kitchen for a snack, stop and rate your hunger on a scale from 1 to 5 (1 is famished). Write the number down on a pad or a wipe board and if it is 3 or higher, take a moment to reevaluate whether you really need a snack.
- 7) Always have healthy snacks ready to go if you really need to munch (frozen red grapes, celery sticks, baby carrots).
- 8) Not in the mood to exercise. Start slow and short. Chances are once you get going to will feel better and keep going with your workout.
- 9) After each alcoholic or sweetened beverage, drink a glass of water. You will have less room to over drink.
- 10) Ditch workout wear that passes for pajamas. You'll work harder and feel more confident in clothes that fit well and support you in all the right places.
- 11) Healthy living motivation exercise: Imagine sitting in the waiting room of your doctor's office. Then ask yourself whether you'd rather spend more time there when you are older or in the garden or the tennis court.
- 12) At the stove, taste what you are cooking only once for seasoning and doneness. Those calories count too.
- 13) Borrow or buy a healthy cookbook for new fun meal ideas.
- 14) When a snack is calling, look at the calories for one portion. Figure out how long it work take just to burn off that snack. Try caloriecontrol.com
- 15) Eat before you are famished. Starving equals binging later. Snack on natural non-processed food.
- 16) There's no rule that says you must eat or drink everything guests bring as hostess gifts. Send home goodie bags, or toss remaining junk to avoid temptation.
- 17) Plan dinner at least one night in advance. If you wait till dinner time, you will end up eating late and eating a bag of chips.
- 18) Find at least three people for support.
- 19) Avoid alcohol.
- 20) For one week, measure out single portions of everything you eat. You will train your eye to serving sizes
- 21) Choose bold cheese varieties, such as Parmesan and blue cheese. You will get more taste, fewer calories.
- 22) At the buffet, survey the whole table first, than take reasonable portions of the foods you love. Then head far away from the buffet line.
- 23) Wear a pedometer, and aim for 10,000 steps a day. The more you move the better.
- 24) Don't make your exercise and healthy eating goals so ambitious they're impossible to achieve. Small steps, one day at a time.
- 25) Eat slower and savor your meals. Stop eating over the sink or in front of the TV.
- 26) In the supermarket, spring for treats pre-packaged in single serving bags. They cost more, but controlling overeating will be well worth it.
- 27) No time to exercise? Look at your calendar, find at least 2 hours of time each week and schedule it.
- 28) Chew gum (preferable sugarless). You will be less likely to nibble while to cooking or clearing the dinner table.
- 29) Don't blame your kids for all the junk food in your house. Get rid of it, they don't need it either.
- 30) Surround yourself with bottled water in your car, your computer, in your bag. This while help control false hunger pangs.