

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program

Confidence Builders

Finding it hard to get yourself or someone else motivated to make a healthy change, such as getting more exercise or eating better? Setting and achieving one small health goal a day can help you build your confidence. Over time, this can lead to permanent lifestyle changes.

Set Small Goals

- Write your goal on your daily calendar.
- Check it off the next day if you met it.
- At the end of the month, reward yourself!

This daily practice will increase your ability to make changes that benefit your health. To

Motivators to Reach Your Health and Fitness Goals

plan a physical activity goal, first ask yourself, "How many hours do I spend sitting each day?" Review your schedule; even 10 minutes of added walking a day is a great place to start to improve fitness. Many people find time (20–60 minutes) for fitness before breakfast, over lunchtime, right after work, and in the early evening.

Sometimes pushing dinner back one hour will give your family the time needed to fit in daily fitness. Offer fruits and vegetables as an after-

noon snack with yogurt-flavored dip to stave off hunger and increase these healthy food servings.

Praise and Support Help Build Confidence

Share your successes and setbacks with loved ones. Also share your goals. Don't let the setbacks get you off track. Learn from your experience and keep focused on your healthy goals and rewards. Often, the best motivators are seeing your health improve.

Individual Rewards for Reaching Health and Fitness Goals

- Decreased blood pressure
- Easier breathing
- Less pain
- Improved mobility
- Improved stamina
- Sleeping easier
- Praise from friends and loved ones

Tip

Reward yourself for achieving your health goal, such as with a movie, day trip, or spending more time with loved ones.

These health improvements are examples of individual rewards for reaching your fitness goals. Below are a few more rewards for children and the family as a whole.

Child and Family Rewards

Children and adults have reported several personal and social rewards for becoming more fit:

- Fitting into more fashionable clothes; for example, not having to wear sweatpants all the time.
- Being able to join in sports or gym class with greater ease.
- Not being picked last by peers for a team.
- Making new friends.



Parents and grandparents have reported benefits of the family eating healthier and moving more:

- Less fighting and crying within the family over poor food choices.
- More variety in their family's healthy food choices.
- Improved quality of time spent with loved ones now that they are enjoying doing physical activities, food shopping, preparing food, and eating meals together.

Making Healthier Choices

Do you have a job, children, grandchildren, or a busy social life that may be taking up your time, leaving little time to make healthy behavior changes? Use the plan above to help you make some healthy behavior changes.

Examine Your Choices

| My schedule | What I do now | What I would like to change | How I plan to change |
|------------------------|--|---|---|
| Too busy to plan meals | Not enough vegetables each day and too many meals out at restaurants | Eat one more cup of vegetables per day and eat out only once a week | Plan a week of meals and snacks to have on hand; include a vegetable with afternoon snack; plan a weekly reward |
| | | | |
| | | | |

My Goal:

Resources

Contact your county Penn State Extension office for more information on the health and nutrition programs they offer. County offices can be found at <http://www.extension.psu.edu>.

Also check out the nonprofit Shape Up America Web site, <http://www.shapeup.org/>. Established by former U.S. Surgeon General C. Everett Koop, it is written by respected health professionals and provides ready-to-use, research-based information.

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