

# Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program

## Tip

To have energy to take care of your family or work, take care of yourself first by scheduling time for a healthy activity.

## Tips for Making Health Behavior Changes Last

Many people who have made healthy behavior changes to improve diet and physical activity find

these hard to maintain. Look at the table below to find some of the more common “derailers” that can cause you to move off course.

Track your health behavior choices and see if you find any patterns that you may be unaware of or want to change. In rating hunger, if you find you rate yourself low, you may be eating for other reasons (e.g., boredom



### Derailers

### Getting back on track

**Boredom** with your diet or activities can cause you to overeat, or lose interest.

Find a partner to join you in physical activity.  
 Try a new exercise routine or class.  
 Try a healthy new recipe each week.  
 Plan and prepare meals with family or friends.  
 Purchase a variety of fruits, vegetables.  
 Track your changes (ways you have improved your time, strength, flexibility, weight, blood pressure, cholesterol, waist measurement, attitude).  
 Reward yourself for reaching your goals.

**Stress/anxiety** can cause you to overeat, or drink, or eat less healthfully.

Talk to someone about what is bothering you.  
 Increase your physical activity; try yoga, walking, hiking, bowling, or bike riding.  
 Write your feelings in a journal when you are eating, time, and amounts of food eaten. Look for patterns. Those who successfully keep weight off in the long term maintain food and activity diaries to help monitor themselves and their weight.

**Feeling guilty** if healthy behaviors like physical activity or healthy cooking classes take time away from family or other responsibilities.

Scheduling time for yourself to maintain your health is important.  
 Invite friends and family to join you.  
 Or select a time of day for physical activity that doesn't interfere with family time.

or stress). If you often rate yourself very high, you may be eating too infrequently by skipping meals, or you may need to plan a snack. Most people should eat every 4-5 hours while awake to maintain peak mental and physical functioning and avoid overeating. Planning regular times for meals, snacks, and physical activity helps make your healthy changes last.

### Check Out New Healthy Resources

Shapeup.org and Healthfinder.gov offer many new recipes, links to recipes, physical activities, and ways to monitor your progress.

### Examine Your Choices

Time ate/ where/with whom	How hungry (1 = low, 10 = high)? Mood	Amount eaten	What I plan to change
<i>Example:</i> 12:00/at office/alone	8; slightly bored	½ cup carrots, 1 cup spaghetti and ½ cup sauce, 1 small banana, 1 can soda	Add 1 cup skim milk or low-fat yogurt, cut out soda. Eat lunch with a friend or co-worker

Time of physical activity	Mood/what I did	Improvements: strength, energy, flexibility	What I plan to change
<i>Example:</i> 6:15 a.m.	Tired/jogged 30 minutes	Felt I had more energy for the day	Add another day to my week of jogging

**My Goal:**

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Prepared by Lynn James, Penn State Cooperative Extension educator, Northumberland County

Sources: Cummings S., E. S. Parham, and G. W. Strain. "Position of the American Dietetic Association: Weight management." *J Am Diet Assoc.* 2002; 102:1, 145-55; Shapeup.org, accessed April 4, 2007; Healthfinder.gov, accessed April 4, 2007.

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