

Make Healthy Habits

Daily habits and actions impact both long and short term health and quality of life. Fitness and nutrition issues are the root of health issues. Making positive choices will greatly improve your health and quality of life.

Following are some simple tips and suggestions to help you make the best choices:

Do a variety of activities you enjoy

Remember, there is no rule that says you have to go to a gym or buy equipment. Having a variety of exercise options will ensure that you can do something regardless of the weather or time of day.

Commit to another person

Being accountable to someone else is often the best motivation. You don't want to let them down, or not show, do you?

Make exercise a priority. Make it non-negotiable.

Exercise even when you're "**too tired.**" Chances are you'll feel better after exercising.

Be aware of all the indicators of progress:

- Sleeping better
- Thinking more clearly
- Having more energy
- Fitting better into your clothes

Reward yourself

Making behavior changes is hard and rewards motivate. So decide on a goal and a reward and work toward it. Do whatever works for you.



Here are some easy ways to work physical activity into your life:

- Do things the old-fashioned way: get up and change the TV channel; open the garage door manually; use a push lawnmower.
- Take the stairs instead of the elevator.
- Walk briskly whenever you can.
- Minimize use of your car; walk to destinations within a mile.
- Do a squat every time you pick something up.
- Every time you stop at a traffic light (or the bus does), pull in your abdomen trying to touch your belly button to your spine and hold that contraction until the light turns green. (Tip: hold the contraction, NOT your breath).
- Do calf raises whenever you're standing still; in a line, at the kitchen sink, folding laundry. Raise your heels off the ground repeatedly.

Become a Smart Snacker

Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Just choose wisely:

- Think of snacks as mini-meals.
- Snack only when you're hungry.
- Keep portion control in mind.
- Plan snacks ahead of time.

This information is provided by Orlando Health's Lifestyle Medicine Initiative. For more information, or to register for the Lifestyle Medicine E-News, visit orlandohealth.com/lifestylemedicine.



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