



FALL WEEK 2

Promoting Physical Activity and Fruit & Vegetable Tracking with a Fun Team Support Environment and Friendly Competition

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In this newsletter:

Getting and Staying Motivated to Change Health Habits
Page 01

5 Way Fruits and Veggies Can Help Create a New You
Page 03

Southwest Fiesta Corn Salad
Page 04

Fit-Ex and BEYOND
Page 04



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GETTING AND STAYING MOTIVATED TO CHANGE HEALTH HABITS

Source: MissouriFamilies eNewsletter 3/4/14

If asked, most people would agree that they'd like to have better health. The challenge comes in determining how to go about eating better and being more active. Too often, people take the all or nothing approach. They start the year off trying to improve every aspect of their eating habits and trying to exercise every day. They soon find they can't keep up with all this change at one time.

You can lose enthusiasm fast if you expect too much of yourself. According to Lynda Johnson, nutrition & health education specialist with University of Missouri Extension, it's important to realize that no one can expect to follow all the health guidelines 100% of the time.

"Give yourself some slack," says Johnson, "one slip doesn't constitute failure." Johnson recommends adding small changes over time rather than a complete makeover all at once.

Whether you are trying to control your blood sugar, lose a few pounds or lower your cholesterol, here are some tips that Johnson says can help you stay motivated toward your goal.

1. **Cherish yourself and your health.** Taking care of yourself is not being selfish. As nurturers, women especially may feel guilty taking time to walk or go to a yoga class. However, by caring enough to treat your body well, you will be in better shape to take care of those around you. No one can take care of your health except you! Don't neglect your body, and then wonder what happened to your health.
2. **Commit to change.** Be willing to move in a new direction. Anne Fletcher, M.S., R.D., author of *Eating Thin for Life*, recommends that you begin by seeking a successful role model who made changes to improve health. This person probably learned how to deal with change and setbacks while staying motivated. Accept that change is all about making choices, like choosing to take a walk rather than watching TV. Does this mean no more TV time? Certainly not! Rather, balance TV viewing with being more active. Does this mean no more desserts? No, just not lots of dessert every day.
3. **Have confidence.** Believe in yourself and your ability to change. Have a "can do" attitude. Make a list of successful change or transitions that you have made in the past. It is easier to achieve a goal when you are optimistic. Use humor and laugh off occasional lapses. Don't think that a couple of days of no exercise and eating junk food will ruin your efforts. Have confidence that you can get back on track with your healthy routine.
4. **Chart your course.** Begin by keeping track of your activity and what you eat for a week. Look over the choices you made and then focus on a couple areas to improve. Don't try to change everything at once. Perhaps it is drinking on less soda per day or taking a piece of fruit to work instead of buying chips. Ease into physical activity by taking a 10 minute walk first thing in the morning or over your lunch break. Create a list of small changes you want to make. Be specific. For example, don't say, "eat healthier," say "limit fast food to only one lunch a week." Then purchase the food you need to take healthier lunches to work.
5. **Be creative.** Exercise regimens and diet plans to lower cholesterol, improve blood sugar or lose weight abound. It is important to create a plan that works for you for the long haul. Getting healthier and staying that way cannot be achieved in 6 weeks. This must be a lifetime commitment to change. Adopt eating and physical activity habits that can become part of your lifestyle. Have a back-up plan for those days when your plans to eat well and be active are challenged. If you can't walk due to the weather, have an exercise video to use. If you don't have time to pack a healthy lunch and you have to pick something fast, choose a small fast food sandwich and side salad rather than a super size version.
6. **Find a cheerleader.** Making change is easier when you have someone to cheer you on. Seek out a friend, co-worker or family member who will encourage you to keep on track and maintain your motivation. Regular phone calls, e-mails or visits over coffee could provide a motivational boost to keep you on target. Perhaps your cheerleader could become your exercise buddy. This can make physical activity more enjoyable.
7. **Celebrate your progress.** Reward yourself as you make simple changes that in the end will result in achieving your overall goal. Celebration is part of successful change. Create a list of incentives that will help keep you motivated—a book, massage, new walking shoes. Reward yourself along the way to reaching your final goal. For example, record the time spent exercising or your steps on a calendar. After two weeks of regular activity, celebrate your progress with a reward. Or perhaps dietary modifications and exercise have improved your A1C test, indicating better blood sugar control. Take time to celebrate.

Small, incremental changes over time can result in big rewards in improved health. Too often people think they simply lack the willpower to change, but this really isn't the issue. People try to tackle too many things at once. Start by making one or two small changes, achieve these, and move on to tackle another small change. Consider these seven tips to help you move from where you are not to where you want to be.

5 WAYS FRUITS AND VEGGIES CAN HELP CREATE A NEW YOU

Source: Elizabeth Hall, RDN, LDN Corporate/Retail Registered Dietitian Food City, K-VA-T Food Stores Inc.



Many of us have health and nutrition goals. Whether you are looking to slim down or just eat better, fruits and veggies can help! Here are five ways that fruit and vegetables can help create a new you...

1. **Nutrient Variety.** Fruits and vegetables contain multiple vitamins and minerals. The different colors mean different nutrients, so eating a variety of colors each day will ensure you cover your micronutrient bases. Enjoy red, yellow, orange, purple, blue, green and all the colors in between!
2. **High Fiber.** The fiber content of fruits and vegetables can help fill you up and keep you full longer. Plus, fiber may contribute to heart health and a healthy gut. All the more reason to indulge in fruits and vegetables every day.
3. **Low Calorie, High Nutrition.** Fruits and vegetables are relatively low in calories. Calories measure the amount of energy we get from the foods we eat. Weight management is all about energy balance. If we don't burn the energy we consume, it is stored as fat, which can lead to weight gain. Eating more fruits and vegetables delivers nutrition, without a lot of calories. Of course, portion sized should always be considered.
4. **Convenience.** Produce comes in a variety of forms, making it easy and convenient to include in a healthy lifestyle. Fresh, frozen, canned, or dried are all great options. Fruits and vegetables are canned or frozen at the peak of freshness and nutrition, providing the produce you love no matter the season.
5. **Immune System Boost.** Nothing drains motivation more than being sick. Fruits and veggies are packed with antioxidants to support a healthy immune system. Choose fruits and vegetables with darker colors for higher antioxidant content. Feel your best, so you can make better food and health decisions all year long!

HEALTH IS NOT ABOUT THE
WEIGHT YOU LOSE, BUT
ABOUT THE LIFE YOU GAIN!

DR. JOSH AXE

SOUTHWEST FIESTA CORN SALAD

Source: Lindy Ellis

- 2 - 15 oz cans black beans, rinsed
- 2 cans shoe peg corn, drained
- 1 green, 1 red, 1 orange, 1 yellow pepper, diced
- 1 bunch green onions, diced
- 2 - 4 oz cans diced green chilies, drained
- Grape tomatoes, as many as you like
- 2 - 15 oz cans whole kernel corn, drained
- 1 can diced water chestnuts, drained
- 1 red onion, diced
- 1 bunch cilantro, chopped
- 1 - 14 oz can sliced black olives, drained

Dressing:

- 1/2 cup oil
- 1/2 cup sugar
- 1 cup white vinegar
- 2 cloves garlic, minced
- juice of one lime

Mix and refrigerate

Serves 20-24



FIT-EX AND BEYOND

Starting a regular program of physical activity is touch to do. FitEx is all about giving you a jumpstart towards a lifetime of regular activity. The program is based on a number of strategies to help you become more active. You are on a team so that you will have people to support your decision for physical activity, you have a common goal to walk or exercise your way across the state, and you report to your team each week.

But what do you do when the 8-week program is over? How do you maintain your fitness level when you are not reporting to your captain or discussing your success with friends? That is what this section of the newsletter is all about. In the next 8 newsletters we are going to give you a "STEP" to complete each week. By completing each and every step we give you, you will develop all the skills necessary to succeed during Fit-Ex and BEYOND.

STEP #1

Actively plan the times and days each week that you will exercise or do other forms of physical activity.

Write these times down in your day planner, PDA, calendar, or just on a sheet of paper you put on the fridge! Then stick to your schedule!