

## FitUP Newsletter #12

Greetings FitUP Participant:

Lifestyle changes just don't come all that easy. We are creatures of habit and like our routines. Habits and routines are so powerful that sometimes we keep doing the same things even when we know they aren't good for us. Changing our habits takes time and effort.

Some fundamental changes you might notice when considering a more healthy lifestyle include:

- How you spend your free time
- How you grocery shop, how you cook, what foods you eat and how often you eat
- What you do with your family and friends
- What time you get up and go to bed each day

The rewards for making these changes are well worth the effort, but it's getting started and sticking with it that's difficult. Here are a few tips that might help you to stick with your healthy resolutions.

- Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.
- Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
- Stick to your resolution by considering it a promise to yourself, not a test of your willpower.
- Avoid situations that put you in temptation's path, meaning if you're on a diet, don't go to the ice cream parlor.
- Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator).
- Be realistic. Make sure your plan is a realistic one that can fit into your lifestyle. Will you really have the energy to go out for that evening exercise class? Make changes as easy and convenient as possible.

Have some tips to that have helped you to stay on a healthy track? Share them with us and we'll include them in either the "Tip of the Day" or in our newsletter!

Here are the winners for Week 2 of Stage 2 of the FitUP program. Congratulations to our winners!

- Wanda Osborn from Bay Mills Indian Community
- Lori Polfus from Dickinson County Healthcare System
- Colleen Filizetti from the Marquette County area
- Doris Cuddie from Marquette County

Questions or Comments? Contact us at [fitup@hline.org](mailto:fitup@hline.org)