

Movin' Communities Weekly Health Tips
*These tips can be distributed weekly via e-mail or
in a newsletter or posted in a public place.*

Week 1: Set Realistic Goals

- Setting realistic goals will increase your chances of success. Breaking big goals into smaller, more specific goals will make them more attainable. Try to be patient and 'stick with it'. Reward yourself for the progress you make – it will help to maintain your motivation.

Week 2: Eat Thin

- Take small steps to improve your nutrition.
 - Eat only when you're hungry and eat slowly to recognize when you're full – don't stuff yourself.
 - Take a fruit/vegetable to work for a snack and skip the vending machine chips.
 - Cut down on soda – one less 20 oz. soda a day saves 270 calories or 98,550 calories per year!
 - Rethink sauces and dressings...try mustard instead of mayo, choose lowfat dressings, experiment with salsa on different foods.

Week 3: Don't Let Cold Weather Stop Your Activity

- Cold weather is no excuse to skip fitness routines, but be safe.
 - Cover up to stay warm – pay special attention to your head and hands.
 - Layer clothing.
 - Stay dry by wearing wicking fabrics.

Week 4: Warm-Up, Cool Down and Stretch to Decrease Risk of Injury

- Warm-up at a lower intensity for 5-10 minutes before increasing your intensity.
- Cool down at a lower intensity for 5-10 minutes before stopping activity.
- Stretch all major muscle groups following your cool down. Remember to never stretch a cold muscle – it could result in injury.

Week 5: Shake the Salt Habit

- Are you one of 39% of Americans who have elevated blood pressure? High-salt eating is linked to high blood pressure – it's smart to choose and prepare foods with less salt. You can retrain your taste buds. The less salt you eat, the less salt you'll want.
 - Pep it up with pepper.
 - Add a splash of herbed, balsamic, or rice vinegar for a flavor spark.
 - Shake on a salt-free herbal blend.

Week 6: Check out these Resources to Increase Your Nutrition Knowledge.

- www.eatright.org - American Dietetic Association