



Scale Back Alabama 2017: Health Tip - Week 9

STAY CONNECTED

Don't try to continue your weight loss journey alone. Reach out to your family, friends, and others for support. Although Scale Back Alabama is ending, it doesn't mean your weight loss journey has to. Continue to give yourself a weigh-in week and strive to meet your goals! Find a buddy to stay active with, find a group exercise class, and stay connected with Scale Back Alabama! For resources to stay connected, click [here](#).

INCLUSION TIP: The importance of being an active family reaches widespread from establishing healthy habits to improving communication and relationships. Research shows that having a support system whether it is friends or family improves the likelihood of participation in physical activity. Making improvements to be active as a family will not only reduce your risk of cardiovascular disease, but instill the importance of physical activity to children at an early age allowing family members to become role models for a healthy lifestyle. Try walking, cycling, playing, hiking—choose your activity! Find an accessible trail by using [TrailLink](#) and check out the new [trail signs for universal design](#) at Oak Mountain State Park.

FACT: Having an accountability buddy can be fun and help to keep you motivated about continuing and/or developing more healthy habits! Everyone needs encouragement at times. Don't hesitate to encourage your buddy to stay on track and hopefully he/she will do the same for you!

WEEKLY RECIPE:

[Zucchini Boats On The Grill](#)

HEALTHY LIFESTYLE BEHAVIORS TRACKER:

(check when behavior added)

- Set SMART Goal
- Exercise – Be FITT
- “Eat A Rainbow”
- Drink Water
- Plan Your Meals
- Practice Portion Control
- Sleep Well
- Make A Lifestyle Change
- Create Your Social Support System

FAMILY FOCUS

Help make your child's school environment healthier by getting involved with the wellness policy to promote physical activity and healthy eating throughout the school day. Before and after school programs also provide an opportunity for your kids to achieve some of the 60 minutes they need each day and keeps them connected to the community. Your kids can play while you continue to stay on track.