



Scale Back Alabama 2017: Health Tip - Week 1

MAKE A LIFESTYLE CHANGE: SET SMART GOALS!

Congratulations on taking the first step towards a healthier you by joining Scale Back Alabama (SBA) 2017. The program is designed to provide you with information about changing your lifestyle through healthy habits and assist you with losing 10 pounds by weigh-out week. A healthy diet combined with physical activity can assist you with achieving that weight loss goal. To lose weight, the calories you take in must be less than the calories that you burn. Identifying SMART goals in the beginning will help you understand what actions you need to take to get started and reach your desired outcomes. For additional resources related to setting SMART goals and weight loss, click [here](#).

INCLUSION TIP: Are you a wheelchair user or have limited mobility and find it difficult to be independent because of your current health status? If you are having difficulty performing activities of daily living or new activities that you want to do like go on vacation or spend time playing with your kids or grandkids, then it is time for a change. By making a lifestyle change that includes regular exercise and simple

food adjustments, you will be one step closer to accomplishing your goals with added energy and independence. In addition to writing out SMART goals, make a list of activities you can't do comfortably right now, but want to and let that list be an added source of motivation. Weight loss isn't just about body size; it will help you live life by YOUR terms!

MYTH: If I skip meals, I can lose weight.

FACT: Skipping meals is not recommended as a weight loss strategy. Skipping meals can cause one to feel hungrier when the next meal time arrives, which can lead to overeating. Instead, try to plan and eat healthier meals and snacks that offer a wide variety of options while cutting calories.

Examples: Oatmeal with Low-fat milk, Whole Wheat Crackers with Peanut Butter, Low-fat Yogurt with Berries

WEEKLY RECIPE:

[Baked Spaghetti Squash Boats with Grilled Chicken](#)

HEALTHY LIFESTYLE BEHAVIORS TRACKER:

(check when behavior added)

Set SMART Goal

FAMILY FOCUS

Involve the whole family in setting goals for eating healthy and incorporating more physical activity into family time. Start by asking your kids and spouse what goals they would like to accomplish. Ask them for examples of family activities they might enjoy. A healthy lifestyle can help the entire family perform better in school and at work. Planning these activities together gets everyone involved and sets a good example for the importance of living a healthy lifestyle throughout your entire life.