



Scale Back Alabama 2017: Health Tip - Week 8

KEEP UP THE GOOD WORK

Be patient. Becoming a healthier you will not be an overnight change, it takes small changes that turn into greater goals. If you feel like you are in a rut, change it up! Create a new workout routine, try a new healthy recipe, or even buy some new workout clothes. If you haven't already, join Scale Back Alabama's Facebook page where people post their success stories and new ideas that they have. Remember to use the Scale Back Alabama app throughout the year where you can find useful information to keep you motivated. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Continue to practice Scale Back Alabama healthy lifestyle behaviors and you'll be on your way to a healthier you! For tips to keep you motivated, click [here](#).

INCLUSION TIP: In the [big picture of physical activity](#), everything counts! Running a 5k, sweating during spin or Krank class, and lifting weights are not the only examples of physical activity. Cleaning the house, planting flowers, walking while grocery shopping, and taking the dog out all count, too. Stay motivated knowing that all activity has a place and counts towards your overall movement goal!

MYTH: Fad diets will help me lose weight and keep it off!

FACT: This is only partially true. Most fad diets will help you lose weight. Some may even help you lose weight quickly at first but they are hard to stick with. The idea of losing weight is not something that can happen in a short amount of time, by taking a "magic" pill, or by only eating a certain food group each day of the week. In order to lose weight and keep it off, you have to make a lifestyle change. Losing weight is a long-term change; it has to be achieved over time and with the correct nutritional adjustments and added physical activity.

WEEKLY RECIPE:

Taco Bar

Other substitutions include ground turkey, shredded chicken and whole wheat tortillas or omit the tortillas and make a salad, all fresh veggies, and you control your cheese toppings!

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

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.