



Take a Step: Establishing Healthy Habits for a Lifetime

The last thing you want to do after deciding to *Take a Step* towards a healthier lifestyle is to fall back into the same old habits. Reversing unhealthy habits and substituting new healthy ones is the key to maintaining the change you want to make.

Be Realistic

On the road to forming healthy habits, set yourself up for success by choosing a realistic goal. Once you succeed, you will feel good and that will motivate you to continue. Understand the need for change. Share this with those closest to you. Understand it, and then you can live by it.

Small Victories

Change takes time. Most people are aware that they should quit smoking, get more physical activity and eat less sugar and fat. The challenge comes when you actually try to adopt healthier habits. The best bet is to set small achievable goals. Win with small victories. You will gain the confidence to build on that success.

You Need a Plan

A well thought out plan means you are more likely to avoid falling back into old habits. *Take a Step* is based on the idea that focusing on one change at a time with a realistic change is a better plan for success. Choose a goal where you are likely to succeed. Don't move on and tackle another area until you consistently practice the new behavior most of the time without thinking about it. That is a plan you can build upon.

Change always involves trade-offs. You may have to give up time on the Internet or watching TV to use towards this new healthier behavior. Change rarely happens by chance. To succeed, you must make day-to-day choices that support your goal. The *Take a Step* campaign is here to support those choices. Make healthy living an adventure.

Connecting HANDS Nutrition Coalition
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