



Getting Started on the Path to Better Health

Welcome to the Healthy Balance Toolkit: Mix Six for a Healthy Balance. Getting started on a path to better health can be challenging. But it can be very worth the effort, with benefits like feeling well, looking better, saving on health care costs and improving overall quality of life. This guide is designed to help you along the path to better health with easy-to-use tips and exercises. We'll make it possible to accept the better health challenge without feeling challenged!

10 Tips to Getting Started

1 Start in any way that works best for you.

Take the Personal Healthy Habit Inventory to see where you're doing well and where you can improve in these six categories:

- **Colorful Plates** – At least two servings of fruit and three servings of vegetables a day
- **Minutes in Motion** – At least 30 minutes of physical activity every day
- **Power Breakfast** – Eating breakfast – the real power meal of the day
- **Snack Attack** – Eating healthy when those between-meal cravings come
- **Smart Servings** – Choosing smart serving sizes
- **Drink Think** – Understanding calories in drinks and identifying low-fat, unsweetened beverages

2 Focus on simple goals.

Use the toolkit's Goal Setting Plan and Log to choose one or two simple health goals. Decide how often you'll make the healthy choice, like daily or once a week. For example, if you never eat breakfast, start slowly by deciding to eat breakfast once a week.

3 Track your progress and reward success.

The Goal Setting Plan and Log makes it easy to track your progress. As you meet milestones, reward yourself with something special – as long as it's not unhealthy food. It's great motivation!

4 Make it easy.

The toolkit has tip sheets for each of the six health behaviors. Use these sheets to jot down ideas and suggestions to make your healthy changes simple and enticing.

5 Think positively.

The toolkit tip sheets will give you helpful solutions and guide you through a new way of thinking. It will help you think about your current habits and discover ways to make healthy changes.

6 Plan ahead.

Things will always pop up to block your path to better health, like that tray of donuts in the office or finding money in your budget to join a gym. Take the time to think ahead and plan ways to overcome big or small challenges.

7 Enjoy the great taste of food.

Choose delicious foods that are good and good for you. The Healthy Balance Toolkit website, along with the tip sheets, are great resources.

8 Get physical.

Find the things you like to do and have fun with your physical activity! Can't think of anything? The toolkit, tip sheets and other online resources provide helpful suggestions.

9 Find support.

Share your goals with friends, family and coworkers. Ask for their support to help motivate and encourage you.

10 Live guilt-free.

If you don't meet a goal, don't give up. Tomorrow is a new day with a new opportunity to lead a healthier life.



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