

Employee Worksheet

The Path to Wellness...Fit & Fun

Fit & Fun Families

Healthy Change Starter Tips

Taking the path to wellness has many terrific benefits:

- Look better
- Feel well
- Save health care costs
- Improve overall quality of life

Most of us know the benefits, yet we still have difficulty starting the path, or staying on the path to wellness. If you've had difficulty changing some less than healthy habits in the past, there is terrific news: By following the tips below, it is possible to accept the challenge without feeling *challenged!*

How?

10 Tips to Start The Path to Wellness ...without feeling challenged!

1. Start the path in any way that works best for YOU!

Use the *CIGNA Employee Fit and Fun Tool Kit!* Determine how your habits stack up with 7 different healthy behaviors by taking the *Personal Healthy Habit Inventory*.

The 7 healthy behaviors are choosing:

- 5 (and up to 9) A Day fruits and vegetables
- Healthy snacks
- Breakfast
- Physical activity
- Healthy meals
- Smart serving sizes
- Low fat, unsweetened beverages

2. Focus on accomplishing goals for HEALTHY HABITS rather than weight.

Use the *Goal Setting Plan and Log* in the tool kit to choose one or two simple healthy choice goals. Determine how often you will make the healthy choice, i.e., daily or weekly.



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3. Make it SIMPLE. Small steps make a difference.

Remember to choose only one or two simple goals at a time. Make the frequency something that works for you. For example, if you don't eat breakfast at all, choosing to eat it one day a week to start with, is probably more realistic than every day.

**4. MOTIVATE yourself by tracking your progress and rewarding success!
(Nonfood rewards of course!)**

The *Goal Setting Plan and Log* in the tool kit gives you a method for tracking your progress.

5. PROBLEM SOLVE the things that keep you from making healthy choices right up front.

Time, availability, and money are the most common challenges for healthy change. It is amazing how a little advance planning can reduce or eliminate challenges significantly. It may be as simple as *planning* to have healthy snack foods available. Take time to problem solve the things that challenge you.

6. Make it EASY.

The tool kit has tip sheets for each of the 7 healthy behaviors. Use the tip sheets for great ideas and suggestions to make healthy change simple and appealing!

7. ENJOY the great taste of food. All foods fit with healthy balance.

Use the Web site resource suggestions in the tool kit along with the tip sheets for making healthy food taste great!

8. Have FUN with physical activity.

Find the things you LIKE to do. The tool kit tip sheets and resources provide helpful suggestions!

9. Find SUPPORT.

Share your goals and ask family, friends, and co-workers to encourage you.

10. BAN GUILT.

If you didn't meet a goal, all is not lost. Very few things are the same every day and best intentions are sometimes interrupted.

