

STAGES of change

When people make major changes in their lives, like eating a more healthy diet or doing more exercise, the change usually doesn't happen overnight! Here are some steps that people often go through.

Which Step Are You At Right Now?

Pre-Contemplation

Not Ready Yet

Contemplation

Thinking about starting the change in the next 6 months but not sure

Preparation

Want to start in the coming month and have a plan

Action

Started in the last 6 months and working hard to keep it up

How could you move to the next step?

Maintenance

Started over 6 months ago and keeping it up is getting easier

For more information visit: www.HealthyMeFlorida.com



FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

*Reference: Prochaska, J. O., Johnson, S., & Lee, P. (2009). The transtheoretical model of behavior change. In S.A. Shumaker, J.K. Ockene, & K.A. Riekert (Eds.), *The Handbook of Health Behavior Change* (3rd ed., pp. 59-83). New York: Springer.

Pre-Contemplation

Pros of Healthy Strategies

What are the “pros,” or the benefits, of trying to do healthy things? Below, you will see some the ‘pros’ of four different types of healthy behaviors. Take a look at these and think about which ones are most important to you:



Eating healthy

- Healthier physical appearance
- Feeling refreshed
- Better performance in sports
- More strength
- More endurance
- Feeling good physically



Avoiding unhealthy foods

- Better concentration
- More alert
- More energy throughout the day
- Feel “fuller” and more satisfied with smaller portions of food



Exercising regularly

- It's fun!
- Spending time with friends
- Being part of a team
- Feeling happier
- Feeling refreshed
- Having more confidence
- More strength
- Healthier physical appearance
- Better concentration
- More energy throughout the day



Using healthy strategies, not food, to manage emotions

- Better self-esteem
- Don't feel guilty
- I won't feel hungry all of the time
- I will eat less
- I will be in a better mood
- I eat healthier when I don't feel stressed

Can you think of more pros?

For more information visit: www.HealthyMeFlorida.com

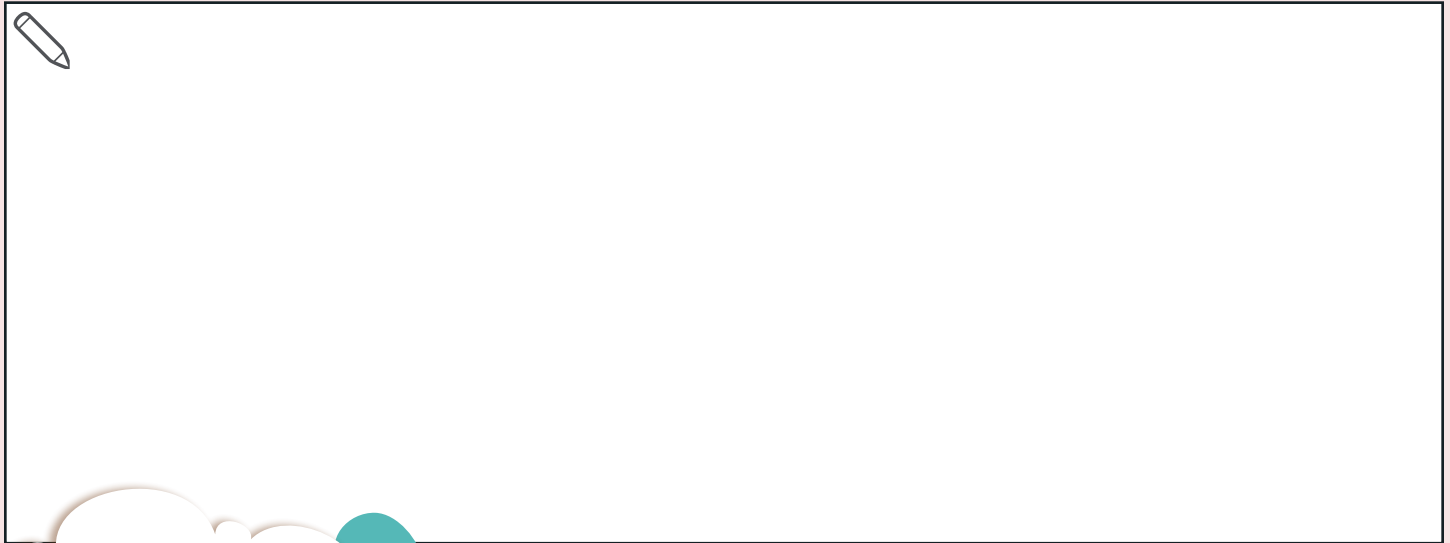
Pre-Contemplation

Link Between Behavior & Weight

We all know that our behaviors have consequences. For example, if you study for a test, you are more likely to get a better grade. If you don't study for a test, then you may not do so well. Your health is no different. If your behaviors are healthy, then your body will also

be healthy. This is also true about your weight. There are behaviors that cause people to gain weight, and there are behaviors that help people maintain a healthy weight.

What are some behaviors you think cause people to gain weight?



How does your list compare?

Behaviors that may cause people to gain weight:



- Eating large portions of food
- Eating foods that have too many calories
- Eating when you are not hungry
- Drinking too much soda and other sugary drinks
- Spending too much "screen-time" (i.e., TV, Computer, Cell Phone)
- Not getting enough exercise

For more information visit: www.HealthyMeFlorida.com

Pre-Contemplation

Identifying Defense Mechanisms

Sometimes when we need to think about things that are too difficult to deal with, we use what are called “defense mechanisms” to avoid thinking about the problem. These “defense mechanisms” are usually thoughts we have that stop us from admitting that there is a problem. These thoughts

also help us to avoid unpleasant feelings. Most of us don’t realize it when we use “defense mechanisms,” but it can help us to be aware when this happens so that we do not ignore important problems that we need to solve. Below is a list of the most common defense mechanisms. Select the ones that you use most often.



For more information visit: www.HealthyMeFlorida.com

Contemplation

Talk Down the Negative, part 1

Just like there are pros of trying to do healthy things, you will probably find that there are also cons. Sometimes the cons can become so strong that it seems like changing is too difficult. When we think about the cons too often, we can end up feeling mixed up, confused, or discouraged. To prevent this from happening, it helps to shrink our list of cons.



Below you will see some of the cons of trying to do healthy things. Take a look at these and select the ones that apply to you, or add some of your own:

- It might cost more money.
- It will take more effort.
- It may take me some time to get used to the changes.
- When I go out, I may not want to eat something healthy.
- I may be tempted to eat like I did before.
- My family or friends may influence me to eat bad.
- My body may feel weird or weak at first.
- I may start to think that I can't do this.
- I won't be able to eat late at night.
- I will have a hard time changing my habits.

What are your "cons"?



For more information visit: www.HealthyMeFlorida.com

Contemplation

Talk Down the Negative, part 2

One way to start doing healthy things is to turn negative thoughts or “cons” about changing into positive thoughts. This may help you feel motivated instead of overwhelmed. This can be done by looking at the “cons” from a different perspective. You can have “comebacks” for the “cons.”

Talk Down the negative with “comebacks”

Think about your “cons” and try to come up with “comebacks” for each one below:

It might cost more money.



I can look for free places to workout.

It will take more effort.



Even though it will take more effort, I will see a change and that will make me feel good.

It may take me some time to get used to the changes.



I will get used to it and it will be like a routine for me.

When I go out, I may not want to eat something healthy.



I can try to get my friends to eat healthy too.

YOUR CONS

YOUR COMEBACKS

These cons can be annoying to deal with, but sometimes it helps to compare these cons to the risks of being unhealthy.

There are serious consequences to not being healthy. Sometimes when you compare these consequences with the cons, coming up with “comebacks” gets a lot easier.

Risks of being unhealthy



- Having to spend too much money on medical bills
- Being overweight
- Having body changes I don't like.
- Diabetes
- Heart problems
- Other medical issues
- Not being able to keep up with friends
- Low self-esteem
- Getting made fun of

Which would you want to avoid most?

For more information visit: www.HealthyMeFlorida.com

Contemplation

Ask Questions

How do most people learn? By asking questions! Think of someone who just started a new job – they will probably have to ask lots of questions before they can do the job on their own. Asking questions is the easiest and most effective way of learning. People who think they know it all

no longer ask questions – why? Because they think that they have all the answers. Some of the most brilliant people in the world never stop asking questions because they know that is how they can keep learning and how they can keep finding better answers.

One way to change and become healthier is to learn more by asking questions. Below are some questions that are important to ask when you are trying to become healthier:

Questions about eating healthy:

What types of food should I eat? What makes other foods so bad?
How many calories should I eat? What if I eat too many calories in one day?
Instead of drinking sugary drinks, what are some other choices?
If I don't eat healthy now, how will it affect me?
How do I know when I should stop eating?

Why and how can emotions affect the way I eat?
Why is it negative to eat based on my emotions?
How can I know if I am eating based on my emotions?
How can I manage my emotions?

Questions about managing my emotions:

Questions about exercising:

What type of exercise should I try? How do I start?
How often should I exercise and for how long?
How do I know when to stop so I don't overdo it?
How many calories do I burn by walking, running or jogging?
How does exercise help me?
What if I gain more weight by exercising?
What if I exercise, but I don't see progress?

Where to get answers:

- From good websites, like www.HealthyMeFlorida.com
- Asking your doctor or nurse
- Talking with friends and family

For more information visit: www.HealthyMeFlorida.com







Contemplation

Find What Triggers You

When you are trying to change your behaviors to become healthier, it helps to understand what you do and what triggers you to do those things. A trigger is something that prompts you to act, or to do something. Triggers tell people to “do it now!” For example, if you haven’t logged into

your Facebook account for a while, you might get a message from Facebook saying “we’ve missed you, click here to login now and see new posts on your News Feed.” This message may trigger you to click on the link and open Facebook.

Figuring out what triggers you to do unhealthy behaviors can help you come up with ideas for things you can do different when you are ready. Try coming up with some ideas below about what triggers some of your health behaviors and what are the consequences. You will see that some of the consequences make it easy to change your behaviors, and others may make it hard to change.

Trigger What sets you off or prompts you	Behavior What you do	Consequences What happens after your behavior
At a party, there is food and everyone is eating.	Ate everything they served.	Got too full, felt lazy, and went home early missing out on the rest of the party.
Failed a test.	Worked out to not feel so frustrated.	Felt better and less stressed.
The weather is hot.	Stayed home instead of working out.	Felt lazy and bored, then ate.
		
		

What triggers you?

For more information visit: www.HealthyMeFlorida.com

Contemplation

Feeling Positive About You



Having a positive self-image, or feeling positive about you, is an important part of being healthy. Your self-image is important because how you feel about yourself can affect your actions and how well you take care of yourself.

For example, if you feel like you are too weak to try sports or to work out, you may never go with your friends when they invite you to play basketball or tennis. If you never try working out, you might continue to feel weak and think you are not good enough for physical activity. If instead you try sports anyway, you may find out that you are better at it than you thought, and you will start to feel stronger and more confident just for trying.

If you are **NOT** doing healthy things as often as you could, do any of these words describe how you view yourself?

Weak	Healthy	Depressed	<input type="text"/>
Strong	Low self-esteem	Happy	<input type="text"/>
Lazy	Sure about myself	Like I don't fit in	<input type="text"/>
Proud	Normal	Accomplished	<input type="text"/>
Careless	Motivated		

Weak	Healthy	Depressed	<input type="text"/>	As someone who DOES healthy things, like eating well and exercising regularly, how would you view yourself?
Strong	Low self-esteem	Happy	<input type="text"/>	
Lazy	Sure about myself	Like I don't fit in	<input type="text"/>	
Proud	Normal	Accomplished	<input type="text"/>	
Careless	Motivated			

Want a healthy self-image? Try this!



- If there are things about yourself that you'd like to change, do this by making goals for yourself. Start with small, simple goals and then keep working to accomplish more challenging goals little by little.
- Give yourself at least three compliments each day! Look for things that you really like about yourself or that you did well that day. You can also ask friends and family to help you come up with ideas!
- Spend time with positive people. It's easier to feel positive about you if you are around people who realize it's important to like yourself.

For more information visit: www.HealthyMeFlorida.com

Preparation

Evaluating the Pros and Cons of Behavior Change, part 1

As you may already know, there are pros and cons of trying to do healthy things. Sometimes it may seem like the cons are so strong that change will be too difficult or impossible. It helps to compare your own list of pros and cons to evaluate if the cons are really as big as they seem. Below is a list

of pros and cons of trying to eat things that are healthy and of avoiding drinks with lots of sugar. Select the ones that apply to you, or add some of your own:

EATING HEALTHY

PROS

- I will feel satisfied and like I am doing something good for my myself.
- I will have a healthier body or better skin.
- I will feel more fit.
- I will have more energy and feel more alert.
-

CONS

- I'm tempted to eat.
- I have cravings.
- Other people might eat foods that I want in front of me.
- When I feel bored or stressed I will need to look for something to do other than eating.
-

AVOIDING SUGARY DRINKS

PROS

- My blood-sugar levels will be normal.
- I will feel energized longer, and avoid a sugar crash.
- I will perform better in sports or school.
- I will have better skin or cleaner teeth.
-

CONS

- I might have fewer options for drinks.
- I might not like the taste of water or of other drinks.
- It may be a challenge at first to cut back.
- I might feel like I'm the only person trying to cut back.
-

Take a moment to look at your list of pros and cons. On a scale of 1 to 10, how important would you say are the pros, and how important are the cons?

NOT IMPORTANT 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 VERY IMPORTANT

Eating Healthy pros cons

Avoiding Sugary Drinks pros cons

If your list of cons is more important right now, then try to think of more pros to trying healthy things. As your list of pros becomes longer you will feel more motivated to change.


For more information visit: www.HealthyMeFlorida.com

Preparation

Evaluating the Pros and Cons of Behavior Change, part 2

An important part of becoming healthy is getting enough daily physical activity. Just like there are pros and cons of trying to eat healthy, the same is true for trying to become more active. One thing that sometimes gets in the way of getting more physical activity is the amount of screen


time you spend each day – like watching TV or getting on your phone or computer for things other than schoolwork. Below is a list of pros and cons, select the ones that apply to you, or add some of your own:



PROS


EXERCISING

CONS



- I will feel the difference in my body.
- I will get more muscle and lose fat.
- I will burn more calories.
- My brain will function better & I will be more alert.
-


- I might feel weak at first.
- I will need to find time.
- I might feel tired until I get used to it.
- I might feel lazy and like giving up sometimes.
-



PROS

LESS SCREEN TIME

CONS



- I will have more time for other things.
- It will help my vision.
- This will also help to cut back on overeating.
-

- I might feel bored.
- I might feel like I am missing out on something.
- Other people might wonder why I'm not responding to their messages right away.
-

Take a moment to look at your list of pros and cons. On a scale of 1 to 10, how important would you say are the pros, and how important are the cons?

NOT IMPORTANT 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 VERY IMPORTANT

Exercising

pros

cons

Less Screen Time

pros

cons

If your list of cons is more important right now, then try to think of more pros to trying healthy things. As your list of pros becomes longer you will feel more motivated to change.

For more information visit: www.HealthyMeFlorida.com

Preparation

Talking Down the Negative, part 1

You may have already discovered that one way to start doing healthy things more often is to turn negative thoughts, or cons, about changing into more positive thoughts. Having more positive thoughts may help you feel motivated and ready to change. These new positive thoughts are like

“comebacks!” Below you will see lists of comebacks for cons about changing that frequently pop up. Take a look at the lists and decide which comebacks you can use or come up with a list of your own:



EATING HEALTHY

CON

I'm tempted to eat

I can make it a group effort and help others eat better too

COMEBACK

I have cravings

If I eat smaller portions I can eat more often

Other people might eat foods that I want in front of me

I can focus on enjoying the things I eat instead of what others are eating

When I feel bored or stressed I will need to look for something to do other than eating

I can call a friend or find other things to do when I'm bored



AVOIDING SUGARY DRINKS

CON

I might have fewer options for drinks

COMEBACK

I can learn about healthy drinks

It may be a challenge at first to cut back

I can overcome a challenge if I try

I might not like the taste of water or of other drinks

I can add fruit to water for flavor

I might feel like I'm the only person trying to cut back

I can help motivate other people to be healthy too

Turn cons into comebacks

Negative thoughts come up all the time; if this happens to you, don't feel bad – simply try to come up with a comeback. This will help you to stay motivated and positive about becoming a healthier you!

YOUR CONS

YOUR COMEBACKS

For more information visit: www.HealthyMeFlorida.com

Preparation

Talking Down the Negative, part 2

You may have already discovered that one way to start doing healthy things more often is to turn negative thoughts, or cons, about changing into more positive thoughts. Having more positive thoughts may help you feel motivated and ready to change. These new positive thoughts are like

“comebacks!” Below you will see lists of comebacks for cons about changing that frequently pop up. Take a look at the lists and decide which comebacks you can use or come up with a list of your own:

EXERCISING

CON

I might feel weak at first

I will become stronger and get used to it after a while

COMEBACK

I will need to find time

I can make a schedule or plan ahead

I might feel tired until I get used to it

Eventually I will feel more energized

I might feel lazy and like giving up sometimes

I can focus on my goal and that will help me stay motivated

LESS SCREEN TIME

CON

I might feel bored

COMEBACK

I can always find something interesting to do

I might feel like I am missing out on something

Someone can fill me if I miss anything

Other people might wonder why I'm not responding to their messages right away

I can explain that I was busy

Turn cons into comebacks

Negative thoughts come up all the time; if this happens to you, don't feel bad – simply try to come up with a comeback. This will help you to stay motivated and positive about becoming a healthier you!

YOUR CONS

YOUR COMEBACKS

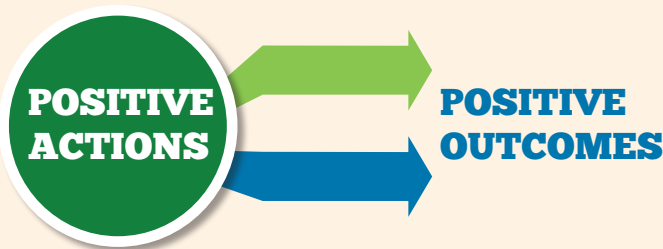
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Preparation

Expecting Positive Outcomes

Anytime someone is trying to accomplish a goal, it helps to see themselves as being successful. This is done by expecting or believing that positive actions will lead to positive outcomes.

Think of athletes, for instance. When athletes prepare for competitions, they picture themselves being successful. They believe that the effort they put into practice will get them closer to a win. Expecting a win helps athletes feel confident and motivated to perform well. On the other hand, if athletes expect to have a negative outcome, like thinking that they will lose even before the competition starts, then they may not be quite as motivated to perform at their best.



Trying to change your behaviors to become a healthier you is no different. It is important to see yourself as a success. It helps to expect and believe that your healthy behaviors will lead to positive outcomes. Don't fall into the trap of having an unhelpful thought – like thinking that you will not be successful.

THINKING TRAP



Walking for 20 minutes every day.

Unhelpful Thought

That is not enough to help me become healthier.

EXPECT A POSITIVE OUTCOME

Helpful Thought



Walking for 20 minutes every day.

I will feel refreshed & have more confidence.

Below is a list of positive actions that will help improve your health, along with some positive outcomes that you can focus on. See if you can match each action with the positive outcome you expect:

Match the positive outcomes

- | | |
|--|--|
| <input type="checkbox"/> Eliminate 1 can of soda per day. | A Reduces my stress and helps me get along better with my friends and family. |
| <input type="checkbox"/> Participate in physical activity daily. | B Helps me keep a healthy weight and also helps me have a better memory. |
| <input type="checkbox"/> Talk about my thoughts and feelings when I am angry with someone. | C Reduces my chances of getting diabetes. |
| <input type="checkbox"/> Eat fruits and vegetables daily. | D Helps me to perform better academically and to feel more confident and fit. |

For more information visit: www.HealthyMeFlorida.com

Preparation

Taking Small Steps, part 1

If you have been thinking about changing your behaviors and habits in order to become healthier, you may find it helpful to take a few small steps at a time rather than trying to do too much at once.

Becoming healthier is a long term goal that can be accomplished in small steps.

You are probably already used to setting other types of goals. For instance, have you ever tried to make the honor roll? That is a long-term goal that can be achieved over a long period of time, but there are small steps that you can take every day to help you get closer to the honor roll:

Long-Term Goal: Making the Honor Roll

Small Steps

- Take better notes: write neatly
- Stay Organized: write down all assignments
- Improve Study Skills: use note-cards



Focusing on small steps that you can take right away can help you get closer to your long term goal.

Just like taking small steps to make the honor roll, you can take small steps to become a healthier you. Consider the following long-term goals for becoming healthier and select which small steps you can take now:



Eating Healthy

Long-Term Goal: Eat at least 5 servings of fruits and vegetables every day

Small steps you can take now

- Try one new vegetable every week.
- Try to include 1 fruit or vegetable in every meal.
- Replace one junk food with a fruit this week.
- Go to the store and buy a favorite fruit or ask a parent to buy it.



Avoiding Sugary Drinks

Long-Term Goal: Drink 0 sugary drinks at school or at home

Small steps you can take now

- Drink only ____ soda(s) this week.
- Instead of soda or juice get a bottle of water from the vending machine at school.
- Buy a refillable water bottle and take it to school.

For more information visit: www.HealthyMeFlorida.com

Preparation

Taking Small Steps, part 2

People decide to get more physical activity for different reasons. Take a look at the following and select the ones that are most important to you:

Feeling refreshed

It's fun

Better concentration

Spending time with friends

Having more confidence

More energy

Being part of a team

More strength

Healthier weight

Feeling happier

Healthy physical appearance

Build endurance

What motivates you?

Becoming more active is a long-term goal that takes time. The reasons for getting more physical activity that you selected above can help to keep you motivated during that process.

EXERCISING



Once you are motivated to start getting more physical activity, it may help to choose several small steps that you can begin with. For instance, it is recommended that most people get at least 60 minutes of physical activity daily. If you are not currently getting that much, take a look at the list below and choose which steps you can start with, or come up with

some of your own:

Small steps

- Start with ___ minutes a day, at least ___ days this week
- Add 5 minutes to my workout everyday
- Ask a friend to workout with me or take a walk around the block
- Look for an exercise video on YouTube

LESS SCREEN TIME



Another easy way to get more physical activity is to cut back on how much screen time you spend each day – like watching TV or getting on your phone or computer for things other than schoolwork. A good long-term goal would be to spend no more than 2 hours of screen time each day. If you are currently spending more than 2 hours, take a look at the list below and select some steps you can start with to

cut back, or come up with some of your own ideas:

Small steps

- Turn the TV off for 30 minutes twice this week and go for a walk
- Only watch TV shows I really like, turn off the TV when I'm bored & find something else to do
- Put away my phone charger, and when phone dies find something active to do

For more information visit: www.HealthyMeFlorida.com

Action

Replacing Unhealthy Behaviors

Now that you have established the goal of becoming a healthier you, it may help to start thinking of more specific actions that you can take to help you achieve this goal.

One way to do this is to think of unhealthy actions that you do often and to come up with ideas to replace those with healthier actions! Below are a few examples; select the ones that you'd like to try:

Unhealthy Actions	Healthy Actions
Skipping breakfast	<input type="checkbox"/> Eat a breakfast bar on the way to school. <input type="checkbox"/> Eat a hard-boiled egg and a fruit for breakfast.
Eating unhealthy fast foods	<input type="checkbox"/> Eat home-cooked meals. <input type="checkbox"/> When at a restaurant, drink water with meal. <input type="checkbox"/> Order food without the "extras" (without extra toppings like bacon, sour cream, or other sauces.)
Frequent snacking on junk food	<input type="checkbox"/> Before eating, ask yourself: "Am I truly hungry?" <input type="checkbox"/> Eat a fruit instead of chips or packaged foods. <input type="checkbox"/> Avoid bedtime snacking.
Skipping meals	<input type="checkbox"/> Eat several small healthy meals throughout the day. <input type="checkbox"/> If its meal time and you haven't eaten for several hours, but are not hungry – choose at least one healthy food item to eat.
Buying soda from vending machine	<input type="checkbox"/> Buy 100% fruit juice instead of soda. <input type="checkbox"/> Buy water or drink from a water fountain.
Watching more than 2 hrs of TV each day or spending too much time on video games	<input type="checkbox"/> Turn off TV while eating. <input type="checkbox"/> If feeling bored call a friend, lift weights or go for a walk.

Every step you take is getting you closer to your goal! Be mindful of your actions and keep working to replace the unhealthy ones! What are some other healthy actions you'd like to try?

For more information visit: www.HealthyMeFlorida.com

Action

Rewarding Yourself & Contracting, part 1

Now that you have been working hard to set goals for healthy eating and physical activity you will find that you are more likely to meet your goals if you make a written contract with yourself. This is an agreement to reward yourself if you accomplish your goals.

Selecting a good reward is an important part of making sure that your contract works! There are a few rules for selecting good rewards:

- 1 They should be **something you really enjoy**. Choose something that you know you will like.
- 2 They should be **under your control**. A reward should NOT be something that someone else has to get for you. For example, going to the mall would be a bad reward if you have to depend on someone else to take you there.
- 3 They should be **powerful**. The reward should be equal to the effort you put into meeting your goals. For example, going to the movies would be more powerful than rewarding yourself with a piece of gum.
- 4 They should be **immediately available**. When you meet your goal you should reward yourself right away. Don't make yourself wait for the reward. For example, going to the movies would be a bad reward if you can't go until the following weekend.

SELF-CARE

List two things you'd like to do to pamper yourself or just to take better care of yourself, but don't do all of the time (for example, getting your nails done or going to a barber for a trim).

- 1
- 2

ACTIVITIES

List two activities you would like to do more often (for example, playing basketball or going to a friend's house or watching a movie).

- 1
- 2

THINGS

List two things that you don't own, but that you would really like to have. Think of things that you can afford (for example, a clothing item, a song or app you'd like to download).

- 1
- 2

PLACES

List two places where you would like to go more often, but don't always get a chance to go.

- 1
- 2

Which 2 are your favorite?

For more information visit: www.HealthyMeFlorida.com

Action

Rewarding Yourself & Contracting, part 2

HealthyMe Contract

My goal for the next week is to take at least _____ healthy step(s) from each of the categories below every day. Each day that my daily total of healthy steps is _____, I will reward myself with:

If I reach my goal 5 days out of 7 during the next week, I will reward myself with:



Healthy Eating

- Try one new vegetable every week.
- Try to include 1 fruit or vegetable in every meal.
- Replace one junk food with a fruit this week.
- Go to the store and buy a favorite fruit or ask a parent to buy it.



Less Sugary Drinks

- Drink only ___ soda(s) this week.
- Instead of soda or juice get a bottle of water from the vending machine.
- Buy a refillable water bottle and take it to school.



Physical Activity

- Start with ___ minutes a day, at least ___ days this week.
- Add 5 minutes to my workout everyday.
- Ask a friend to workout with me or take a walk around the block.
- Look for an exercise video on YouTube.



Less Screen Time

- Turn the TV off for 30 minutes twice this week and go for a walk.
- Only watch TV shows I really like, turn off TV when bored & do something else.
- Put away my phone charger, and when phone dies find something active to do.

Goal Met:

Mon Tue Wed Thu Fri Sat Sun

Signed _____

Date _____

For more information visit: www.HealthyMeFlorida.com

Action

Cues for Healthy Behaviors, part 1

Our behaviors are usually triggered by cues in our environment. Cues can be things that are said, done or seen that serve as a signal to behave in a certain way or to perform an action. For example, when an actor hears the word “action,” this is a cue for him or her to begin acting.

There are certain types of cues in our environment that can trigger both healthy and unhealthy behaviors – like eating more or less nutritious foods or exercising more or less often. Sometimes these cues are obvious, but oftentimes we are not aware of these cues.

CUE
Things in our environment – can be something that was said, done or seen.

BEHAVIOR
What we are prompted to do when the cues are present.

Below are cues for unhealthy behaviors that are frequently present. Select the ones that apply to you and choose from the list of options what you can do to remove those cues and add reminders to choose healthier alternatives.

CUES



Plate Size

Using a large plate can make a serving of food appear smaller than what it is. This may trigger you to eat more or to get seconds.

HEALTHY ALTERNATIVES



Use a smaller plate. This can make the same amount of food seem larger and trigger you to eat less.

Eating Out

Oftentimes we feel like we need to get our “money’s worth” when we eat out. Trying to get the best deal may trigger us to over eat. For example, if you are offered to ‘super-size’ your meal for just a quarter you might feel like you will lose out if you don’t do it, but you end up eating more than you should.

- Order and share two appetizers instead of ordering an appetizer AND an entrée.
- Take home left overs for a second meal, or ask the waitress if you can split a plate with someone.
- Order two sides of veggies with your meal, instead of starch foods – like fries.

Serving Size

Foods that come in individual packages, like a small bag of chips, seem like they are meant to be eaten all at once. Seeing a small package triggers us to eat the whole thing. Oftentimes, a healthy serving size is less than one package.

Nutrition Facts	
Serving Size 1 oz (28g) Serving Per Container 2	
Amount Per Serving	Calories from Fat 15
Calories 100	
	% Daily Values*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 580mg	24%
Total Carbohydrate 1g	nc

Read the food label. Here you will see the recommended serving size and the number of servings per container.

For more information visit: www.HealthyMeFlorida.com

Action

Cues for Healthy Behaviors, part 2

Our behaviors are usually triggered by cues in our environment. Cues can be things that are said, done or seen that serve as a signal to behave in a certain way or to perform an action. For example, when an actor hears the word “action,” this is a cue for him or her to begin acting.

Below are cues for unhealthy behaviors that are frequently present. Select the ones that apply to you and choose from the list of options what you can do to remove those cues and add reminders to choose healthier alternatives.

CUES

Special Occasions

Generally, the more people present, the more food we will eat. When other people are around, we may be triggered to eat a lot (like when my grandma is around).

HEALTHY ALTERNATIVES



- Eat a healthy snack before the gathering this way you will feel fuller when you get there and will be less likely to over eat.
- If offered seconds politely say how good the food was, but explain that you are full or ask for a to-go plate.

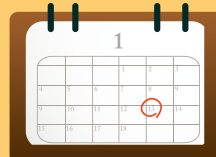
Food Visibility

Foods that are visible and easy to reach are eaten more often and in larger portions. For example, if you have a candy bowl in the living you will be triggered to eat more candy than if you were to keep the bowl in a kitchen cabinet.

- Keep a bowl of fruit out where you can see it.
- Ask your family to place healthier items, like water and yogurt, in the front of the fridge, and healthier items towards the back.
- Remove food from all rooms in your house, besides the kitchen.

Exercise Visibility

“Out of sight, out of mind.” If there is nothing in your environment that reminds you to exercise, you probably won’t think of it. For example, if your living room has a comfy couch and a TV, but nothing that reminds you to exercise, this may trigger you to sit and watch your favorite show.



- Hang an exercise calendar in a visible place in your living room or bedroom.
- If you own exercise equipment like a treadmill, bike, or small weights; keep them in a place where you are more likely to use them.



We are all influenced by our environment; however, that does not mean that your environment will always determine what your behavior will be. Take a look at your environment and make sure that you replace unhealthy triggers with reminders for healthier alternatives.

For more information visit: www.HealthyMeFlorida.com

Action

Believing in My Ability to Succeed, part 1


Believing in your ability to succeed is an important part of becoming a healthier you. There are obstacles that can get in the way of your goals, but it's important to be persistent and believe that you are able to succeed – despite the obstacles.

If you believe that you are able to succeed, when obstacles come up you will be more likely to work even harder. But if you're not sure that you are able to succeed – then those obstacles will seem bigger than they actually are and you may start to feel stressed and like giving up.

Below are a few steps that you can take that will help you become more confident that you are able to become a healthier you!

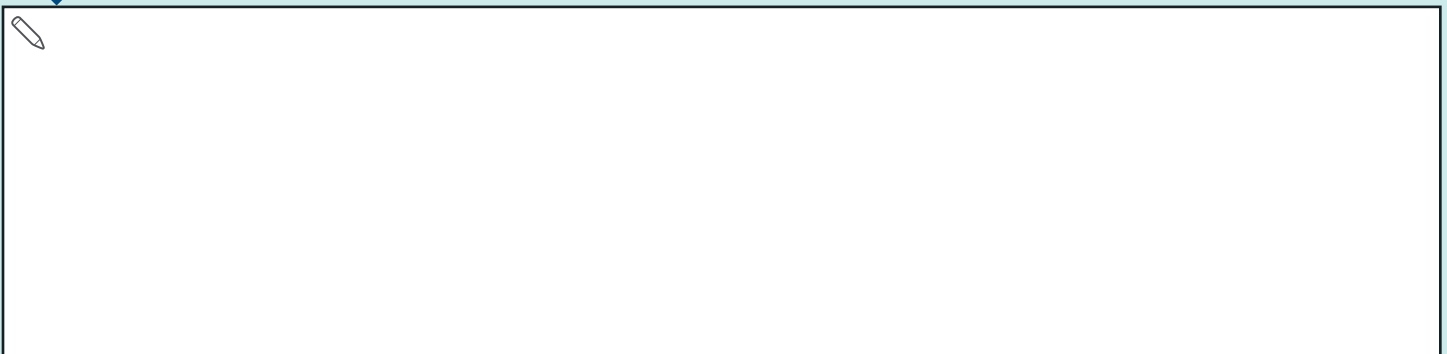
Think about what I have accomplished so far

Thinking about times when you have already been successful can help boost your confidence. Write down all of the things you have already started doing to become a healthier you: *Example: I've started drinking more water*



Think about other people who have changed to become healthier

We all have known of others who have succeeded at changing their behaviors to become healthier – these may be friends or family members that we know personally, or people that we have read about or seen on TV or online. List any examples of people who have been successful at becoming healthier:



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Action

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Seek encouragement and feedback

Just like it helps to think positively about yourself, it's also helpful when others encourage you! Sometimes this happens automatically without you asking, but other times you may find that you need to ask someone you trust to help encourage you to do healthy things! Below is a list of encouraging words, select the ones that you think would help you the most to hear:

If you feel like quitting, that means you are pushing yourself. Keep it up!

You should be proud of yourself!

Look at your improvement!

Your hard work is paying off!

Can you think of any?

Think about who can be your encourager and consider sharing this list with them!

On a scale of 1 to 10, with 10 being very confident, how confident are you that you are able to succeed at becoming a healthier you?



1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Not Confident

Very Confident

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Action

Positive Thinking

We all use “self-statements” – these are thoughts that we think or say to ourselves, about ourselves. For example, before you take a big test you might say or think to yourself “*Stay calm, I can do this!*”

Positive self-statements can help us to gain strength or confidence and they can help to boost our mood and self-esteem.

An important part of becoming a healthier you is to have positive thoughts about yourself and about your ability to achieve the goals you have set towards improving your health. Below is a list of positive self-statements. Select the ones that you think you could use most often:

Healthy Eating

- It's going to be worth it at the end!
- I choose to eat healthy for me because I love me!
- Eat better, look better!
- The better I eat, the better I feel!

Determination

- I believe in myself.
- I am successful!

Managing Emotions

- I do a good job at trying not to eat my feelings away.
- I am proud that I do not use food for comfort.

Who I Am

- I am strong!
- I am improving every day.

Physical Activity

- I am getting in the habit of exercise and its getting easier each day.
- I am committed to staying active!

Come up with your own:

For more information visit: www.HealthyMeFlorida.com

Maintenance

Helping Relationships

After having worked hard to accomplish a goal, like achieving good eating and exercise habits, one oftentimes wonders, how do I keep this up? An important part of maintaining healthy change is getting support from others. Helping relationships

can encourage and remind you to keep healthy habits and can give you support when you need it. It's kind of like having a buddy system!



RESPECT

Does this person understand you? The key is that the person accepts you for who you are and appreciates your uniqueness – like your sense of humor and your personality. Respect in a relationship means that each person values who the other is.



TRUST

Trust is another way of saying that you can count on someone. When there is trust you are not worried about the person repeating to others what you say. You feel comfortable and can be yourself.



A helping relationship is one that demonstrates the following:



SUPPORT

We all need help and encouragement sometimes. Someone is supportive when they are understanding and have faith in you. You can turn to this person when you doubt yourself and they will remind you that you can do it.



HONESTY

When someone is honest they don't hold back the truth – even when it's tough to hear. Someone who is honest with you will let you know if you mess up, but they will also help you make things right.



COMMUNICATION

This person should be easy to talk to and it should be someone that 'gets' you.

Who are your helping relationships?

You can have helping relationships with more than one person. A helpful person could be a parent, sibling, family member, peer or other helpful adult like a teacher, counselor, or doctor. Consider talking to one or more of these individuals. Share with them your health goals and ask them to support you as you work to keep up the healthy changes you've made.

For more information visit: www.HealthyMeFlorida.com

Maintenance

Dealing with Setbacks, part 1

Many times after having kept up with healthy habits for a while, one experiences setbacks. A setback is when you go back to old, unhealthy habits after having had a period of improvement. Setbacks can make you feel disappointed and discouraged, and if

you are not careful they can keep you from returning to healthy habits.

Figuring out what triggers you to return to old, unhealthy behaviors can help you come up with ideas for things you can do to better to cope with the situation. Below are some examples of common triggers of old behaviors. Try to think of how you can better cope with triggers to prevent a setback:

Trigger	Old Behavior	How Can I Cope Better?
At a party, there is food and everyone is eating.	Ate everything they served.	Eat a small, healthy, snack before the party so that I will feel full and eat less.
Failed a test.	Felt disappointed and overate.	<input type="text"/>
The weather is hot.	Stayed home instead of working out.	<input type="text"/>
Did not lose as much weight as expected.	Eat anything – even if it's not healthy.	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>



Setbacks are common. By preparing for them ahead of time you will be more likely to maintain healthy behaviors!

For more information visit: www.HealthyMeFlorida.com

Maintenance

Dealing with Setbacks, part 2

Although setbacks may occur, and you may feel disappointed, this does not mean that you can't do anything about it. You can learn how to cope with setbacks and regain the progress you made.

If you experience a setback, below are several questions that you can ask yourself to help you cope with the situation and return to healthy habits.



How did the setback happen?



Go back and try to figure out what triggered the old behaviors.



What have I learned from it?



Did you learn something new about yourself? Was this a new situation or did you learn of something new that may trigger old behaviors?



What would I do differently?



Think about how you can better cope with this situation if it happens again. Can you prevent the situation? If not, how can you better prepare?

Stay encouraged!

If you are feeling discouraged after a setback, encourage yourself! Below are examples of encouraging words you could say or think to yourself that may help you stay on track:

Don't stop now!

It's too late to give up!



I've come too far to stop!

Overcoming setbacks is my motivation!



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Maintenance

Understanding Stress

Stress is a feeling that's created when your body reacts to a challenge, which could be anything from being in a dangerous situation to taking a final exam. Both good and bad things create stress. For example, getting a job for the first time is a good thing, but it may also be stressful because there will be a lot to learn quickly.

Here is a list of things that frequently cause stress.

- | | | | |
|--------------------------------|--------------------------------|--|---------------------------------|
| Break up with boy/girlfriend | Trouble with brother or sister | Worry about finances/money | Trouble with friends/classmates |
| Arguments/trouble with parents | Arguments between parents | Serious illness or injury of family member | Schoolwork |
| | | | Time management |

Which apply to you?

- | | | | |
|------------------|---------------|---------------------|--------------------------|
| Rapid heart rate | Stomachaches | Difficulty sleeping | Difficulty concentrating |
| Breathing fast | Muscle pain | Being in a bad mood | Changes in eating habits |
| Headaches | Feeling tired | | |

The human body responds to stress in different ways. Here is a list of the most common reactions a body has to stress.

Do you experience any of these?

TRACK YOUR STRESS



Signs of stress can be a signal that you may be feeling overwhelmed. If you are experiencing stress you may not be as careful about keeping up with healthy habits, so it's important to deal with stress as soon as it comes up. Try tracking your stress level this week. Noticing when you are feeling stressed may help you realize that you need to do something about it before becoming overwhelmed.

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	2	3	4	5	6	7	
8	9	10					
No Stress							Overstressed

For more information visit: www.HealthyMeFlorida.com

Maintenance

Dealing with Stress

When your body responds to stress this may be a sign that you need to take action in order to avoid becoming overwhelmed. Below are four ways in which you can respond to stressful situations:



DO NOT RESPOND

Some stressful situations are out of our control and we cannot avoid them. This does not mean that we have to constantly worry or think about the situation. For example, if you are in the middle of doing your homework, it won't help to keep thinking about the stressful situation. One way to deal with it is to say to yourself "I am not going to think about that right now." Instead, set aside a specific time to think about the situation and to come up with possible solutions.



CHANGE THEM

Not all stressful situations are completely out of your control. Oftentimes you can change, or at least modify, the situation. Ask yourself, "Is there anything I can do different?" "How would others react if I behave differently?"



AVOID THEM

Sometimes we can avoid situations that create stress by thinking ahead. For instance, if you know that you have a test coming up in a couple of weeks, you can start preparing for the test now in order to avoid a stressful situation like failing the test.



CHANGE THE WAY I THINK

Oftentimes in stressful situations we fall into thinking traps where we imagine that the worst will happen. Pay attention to your thoughts, and if you realize you have a negative outlook on things try to focus more on the positive.

Relieve your stress

Once you have responded to the stressful situation, find ways to relax. Below are some ideas. Can you think of any stress relieving activities?

- Hangout with a friend
- Listen to music
- Be close to people you care about
- Go for a walk

Do something you enjoy



For more information visit: www.HealthyMeFlorida.com