

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