

# 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](http://www.HealthyMeFlorida.com)
- Asking your doctor or nurse
- Talking with friends and family

For More Information visit: [www.HealthyMeFlorida.com](http://www.HealthyMeFlorida.com)