

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?

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