

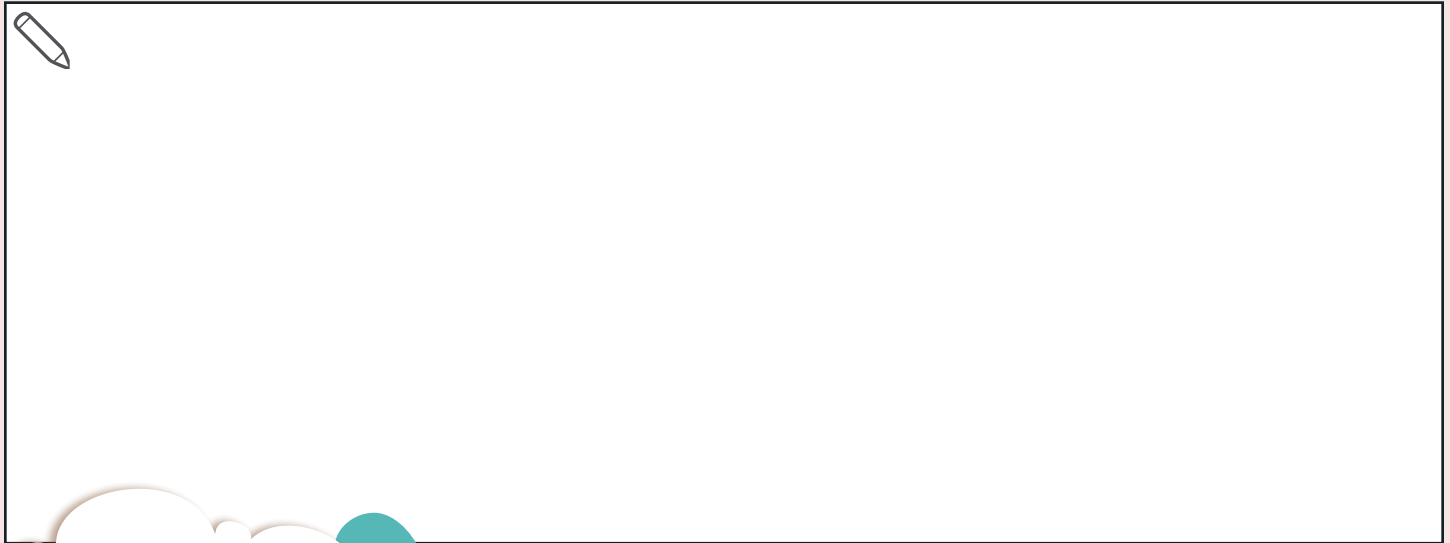
# Pre-Contemplation

## 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](http://www.HealthyMeFlorida.com)