

Plan Ahead for a Healthier Lifestyle!

We cannot expect healthy food or good health to just magically appear!



- Set an achievable personal goal and make a commitment to a healthier lifestyle.
- Establish a game plan for 1 day at a time. (or even 1 meal at a time!)
- Advance plan your meal that takes the most preparation time.
- Make healthy choices convenient!
- Grocery shop with a list
 - -Saves time and money
- Evaluate your plan for success—step on a scale, know your numbers, follow instructions, stick to it!

Compliance with safety rules can help prevent injury.

Safety
It's Not Silent

Compliance with healthy living choices can help prevent disease.



Compliance with safety rules and healthy living choices can contribute to wellness and longevity!



Published By Your Health Heroes

Crowley
Crews
Comply with
Health!



Prevention is
the Cure!

Helpful Hydration—

Drink More Water!

- Helps control cravings and fatigue
- A 1-2% level of dehydration can impact how you feel
- Water is best
- No proven rule for amount of water-
 - -1ml per calorie
 - -8, 8 oz glasses
 - -30 ml per kg of body weight
- Don't drink your calories in other forms of liquid. Drink Water!



Helpful Hunger—

- Eat when you are hungry!
- Try not to allow hunger to lead to “starving”
- Stop eating when you start to feel full
- Use a scale of 1-10 for identifying how hungry or full you feel between meals. Eat when you are at the high end of the scale and stop eating while at the low end of the scale.

5 Easy Changes for a Healthy Lifestyle:

1. Do Not Skip Meals/Snacks

- Should be eating 5-6 x per day
- Meals should be moderate in size
- Choose healthy snacks

2. Increase your Fiber (Aim for 25-40 g per day)

- Benefits (Increase Satiety, Decrease Cholesterol, Prevent Cancer)
- Soluble/Insoluble Fiber
 - Need 10 g soluble fiber per day to decrease cholesterol
- Amount of Fiber in Food:
 - ½ cup fruit or vegetables = ~ 3 g fiber
 - Choose whole grains = ~ 3 + g fiber
 - ½ cup legumes = ~ 8 g fiber
 - Look for Cereals with 5 + g fiber per serving

3. Aim for 5-9 Servings of Fruits & Vegetables/Day

- Vegetables: Aim for 2 – 3 cups per day
 - What is a serving? 1 cup leafy greens – not cooked OR ½ cup cooked or chopped vegetables
- Choose non-starchy vegetables most of the time
- Ideally choose a variety of colors:



- Have at least 1 green vegetable per day & have orange vegetables at least 3 x week
- Fruit: Aim for 1½ - 2 cups fruit per day
 - What is a serving? (~60 calories per serving): piece of fruit (the size of a tennis ball) OR ¼ cup of dried fruit OR ½ cup cut fruit OR ½ cup juice

4. Change Your Plate

- ½ of your plate is non-starchy vegetables, ¼ of your plate is a lean protein and ¼ of your plate is a starch

5. Listen to True Hunger/Listen to Satiety:

- Eat when you are hungry; do not allow hunger to lead to starving.
- Stop eating when you start to feel full.
- Think about how full you are, on a scale of 1-10 (1= not full at all, 10= so full you're about to bust)

