



HEALTHY COMMUNITY KIT



WEIGHT-CONTROL INFORMATION NETWORK



National Institute of
Diabetes and Digestive
and Kidney Diseases

WIN Weight-control
Information Network

NIH...Turning Discovery Into Health®

Getting the Most from Your *Healthy Community Kit*

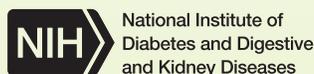


This kit includes tools that your organization can use to help educate individuals on the importance of maintaining a healthy lifestyle. The Weight-control Information Network (WIN) has a wealth of free information that can be used to spread the word about the health risks of overweight and obesity!

Here are a few tips to help you get started:

- Post one of WIN's ready-to-use articles or print public service announcements (PSAs) on your website or in your newsletter.
- "Like" WIN on Facebook and comment on our posts.
- Post WIN flyers on your website using the PDFs in the zip file we have provided (http://www.win.niddk.nih.gov/publications/zip_files/HCK.zip).
- Post the WIN website link on your organization's website.
- Request and distribute free WIN brochures on nutrition, physical activity, weight control, and obesity at your community-based event.
- Create your own promotional tools or education resources using PDFs from the WIN website (<http://www.win.niddk.nih.gov/publications/index.htm>).
- Inform your community of the services provided by WIN.
- Using WIN materials, create a bulletin board display in your local health department. Use some of the catchy subtitles in the WIN brochures as an eye-catching title, such as "Exercise Your Options" from *Getting on Track*. You can then highlight a few of the different activities suggested in the booklet. Use bright colors and pictures to grab the attention of those passing by.

Let's work together to improve the health status of this country and set an example for future generations!



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Changing Your Habits: Steps to Better Health

U.S. Department of Health
and Human Services

 National Institute of
Diabetes and Digestive
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Changing Your Habits: Steps to Better Health

WIN Weight-control Information Network

Introduction

*Are you thinking about being more active?
Have you been trying to cut back on fattening foods?
Are you starting to eat better and be more active but
having a hard time sticking with these changes?*

Old habits die hard. Changing your habits is a process involving several stages. Sometimes it takes a while before changes turn into new habits. You may face challenges along the way.

But adopting new, healthier habits may protect you from serious health problems, such as diabetes. New habits may also help you look better and feel more energetic. After a while, if you stick with these changes, they may become a part of your daily routine.

This fact sheet offers strategies to help you improve your eating and physical activity habits and outlines four stages people may experience when changing a health behavior which include:

- Contemplation
- Preparation
- Action
- Maintenance

Whether you feel like change is a world away or just around the corner, this fact sheet can help you move closer to your healthy eating and physical activity goals.

Step up to healthy habits.

Get 150 to 300 minutes of moderately intense or vigorous physical activity each week.

- Brisk walks, tennis, swimming, soccer, basketball, hikes, hula hoops—do whatever you enjoy best.

Strengthen your muscles at least twice a week.

- Do push-ups or pull-ups, lift weights, do heavy gardening, or work with rubber resistance bands.

Eat more of these foods:

- fruits and vegetables
- whole-grain breads and cereals
- fat free or low-fat dairy
- seafood, lean meats, and eggs
- beans, nuts, and seeds

Limit these foods and drinks:

- sugar-sweetened drinks and desserts
- foods made with butter or other fats that are solid at room temperature
- refined grains (bread, chips, and crackers)

For more ideas, see the links to federal dietary and physical activity guidelines in the Resources section of this fact sheet.

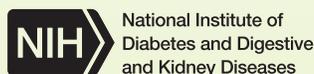
Changing Your Habits: Steps to Better Health is a fact sheet that encourages readers to make realistic and gradual changes toward a healthier lifestyle. The publication emphasizes how making these changes is an individual process: “It is important to think about what motivates you, what trips you up, and what you enjoy when it comes to eating and activity habits. There is no such thing as a ‘one-size-fits-all’ approach.” In fact, readers are taken through steps to determine what “stage” they are in—how ready they are—to make healthy lifestyle changes. Once that stage is determined, strategies specific to each stage are offered on how to make changes.

In addition, *Changing Your Habits: Steps to Better Health* lists sources for further reading and information, such as the American Heart Association and the National Diabetes Education Program.

This publication may be:

- Placed on display in a waiting room.
- Distributed to your clients and patients.
- Used as a handout during a teaching lesson.
(Print the PDF, available at http://www.win.niddk.nih.gov/publications/PDFs/Changing_Your_Habits.pdf.)
- Referenced for a newsletter article or flyer.

All WIN publications may be downloaded free of charge from the WIN website. To see a complete list, please visit <http://win.niddk.nih.gov/publications/index.htm>. To order a limited number of free copies of *Changing Your Habits: Steps to Better Health*, call WIN toll-free at 1-877-946-4627.



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