Is it possible to lead a healthy lifestyle without drastic diets or strenuous workout regimens? YES!

Making changes into an already jam-packed schedule may seem difficult, but can be accomplished with a little effort. Eating a balanced diet and incorporating physical activity into your lifestyle will help to increase your energy and prevent excess weight gain. There are simple and effective everyday habits that can help you to feel better and keep fit.

**Simple Strategies for Food Control**

We often underestimate the amount of food we throughout our day. Keep track of the foods you eat by writing them down. This will help you to understand and modify your eating habits. You will be able to see ways to make your eating habits healthier. Your food diary can help you to plan weekly menus and make shopping lists.

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**TIP**

Keep your portion control in check by downsizing your plates and bowls. Use a salad plate for your dinner. You will still be able to fill up your plate and save on calories.

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Believe it or not – there are simple steps to eating healthier without changing your diet. It is possible to lose weight while still enjoying the foods you love to eat. Start off your day with a whole grain cereal topped with some berries. Studies have shown that you can’t make up for a skipped breakfast by eating more throughout the day.

Don’t forget to eat at least two snacks throughout the day to keep your energy level up. Stash healthy snacks such as pretzels, baby carrots, granola bar, or a small amount of nuts (~16) in your purse. These snacks will help you to avoid energy crashes.
Packing your lunch will save you money and extra calories from your work cafeteria. Choose lean meats, such as turkey or chicken, packed with fresh veggies on whole wheat bread. Also, include a piece of fruit or side of soup.

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<th>The Shocking Truth</th>
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<td>Two-thirds of Americans are overweight or obese. This is now widely recognized as a public health crisis. Significant health consequences of being overweight include diabetes, heart disease, and high blood pressure. We can start to make small changes that will prevent adverse health consequences and improve our health (1).</td>
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Breakfast and lunch are solved! You have just worked a long day and have no time to cook dinner for your family. Planning ahead will help you to prepare healthful meals and save time. Cook foods on the weekend that you can freeze or have as leftovers. Whole cooked chickens and casseroles can be eaten by your family for several days. Buying frozen or canned vegetables (no salt added) are just as good for you as fresh produce. Stock up and save on these items.

Don’t eat meat or don’t have enough time to cook meat – try canned beans, they are loaded with protein and can be a quick addition to your meal.

Indulge every once in a while and forgive yourself. If you are going to splurge on a high-fat food item, choose just one item (not the entire meal). High fat foods can be a part of your diet, as long as you don’t eat them every day and only in small amounts. Eat high fat foods in moderation!

Get Moving & Increase your Physical Activity

Physical activity makes a difference too; and you don’t have to run a marathon. Physical activity helps to keep your weight balanced and is essential to stay fit. But finding the time to get to the gym may be impossible. Between work and family you may be thinking that you are
too busy for physical activity. In this case, make physical activity a priority by waking up a half-hour earlier to take a walk. Another suggestion is to create a buddy system with a coworker and walk together on your lunch break.

**TIP**

Trying to fight off a junk food urge? Brush your teeth instead. The fresh minty taste may be enough to fight off that temptation.

Don’t have a half-hour in your day to devote to physical activity? Then break it up into 10-minute segments. Taking three 10-minute walks will be just as good for you. You can further increase your physical activity by taking the stairs instead of the elevator, parking further away in parking lots, and even stretching during television commercials.

Looking for some exercises to try at work while sitting at your desk? Use your water bottle to do some bicep curls or clench your butt muscles while sitting for 5 seconds and the release. These short intervals of physical activity benefit your health more than you may think. Everything counts!

Physical activity may also help to reduce your stress, boost your mood, and help you to sleep better throughout the night.

Remember to drink enough fluids throughout your day. And it doesn’t have to be just water. Coffee, juice, and the foods you eat all contain water. Although, try to and limit your caffeinated beverages to 1 per day. Drinking more water will keep you hydrated and help you stay energized throughout your day.

**Tips for a Healthier You**
➢ Don’t skip meals.
➢ Share an entrée with a friend.
➢ Eat sweet foods in small amounts.
➢ Make a grocery list before you shop.
➢ Choose a physical activity that fits your lifestyle.
➢ Walk instead of driving whenever you can.
➢ Do desk exercises while at work.
➢ Drink lots of water.
➢ Bring low calorie snacks to work.

We know that getting fit and eating healthy have rewards. When we are healthy, we look and feel better. Although, you may run into some obstacles along the way, making the right choices towards a healthy lifestyle is a reachable goal!

References