

Newsletter

Volume 12



WORKSITE WELLNESS TURKEY PROGRAM

Smart Moves

Celebrate Success



Hopefully you reached the goal which you set at the first meeting or have made progress towards it. If you're still working towards attaining a healthy weight, set a new short term goal today and continue to eat smart and move more.

TODAY'S AGENDA

- I. Weigh-in & record
- II. Newsletter Volume 12
- III. Evaluations
- IV. Celebrate success

Celebrate the success that you have achieved including those you do not see on a scale. Keep in mind that setting short term goals and achieving those goals provides a sense of accomplishment and helps encourage you to continue reaching toward your long term goal.

As you continue your efforts to attain and maintain a healthy weight, remember to track your weight, the food you eat and your physical activity. Make time to be physically active. Explore new activities to challenge yourself to move more.

Continue to eat breakfast daily. Drink lots of water and avoid high calorie drinks. Practice portion control. Fill your plate half-full with fruits and vegetables. Add color to your diet with a variety of fruits and vegetables.



Fight the gradual loss of muscle tissue by strength training at least two times per week. Save money and calories by packing your lunch and preparing more meals at home. Tame the tube. Fill your leisure time with fun and physically active games.

Eat smart and move more. In time, you will weigh less.

Check out:

www.MyEatSmartMoveMore.com

for tips and resources to help you plan for continued success.