

SUNDAY MORNING HEALTH CORNER

Creating Healthy Habits

We've all caught the "health kick" bug at some point. The aftermath? Falling into the cycle of wanting to get healthy but not knowing where to start, and slowly slipping back into old habits. If you believe that maintaining a healthy lifestyle is a challenge, you are not alone. However, with strategic planning, focus, and determination, you can take control of your health once and for all.

Here are a few tips you can follow to help you create and maintain new lifestyle changes:

- **Start simple.** Don't try to completely change your life in one day. Taking on too much can be overwhelming. Set realistic goals.
- **Get a buddy.** Get a friend to go on your health journey with you to keep you accountable.
- **Replace lost needs.** Search for healthy versions of your favorite foods.
- **Stay consistent.** Consistency is key if you want to make a habit stick.
- **Set priorities.** Prioritize your goals and have a clear understanding of what it will take to meet them.
- **Remember the "why."** Throughout your journey, stay focused on your goals and reasons for setting them.
- **Talk to your doctor.** To be safe, consult your doctor before making drastic changes in your diet or physical activity routine.



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