

Step Into a New Year

So many wellness programs ask you to make drastic changes all at once or make changes that do not fit into your lifestyle. At Wellness WACHers, we would like you to think of your journey to better health as a series of steps in the right direction. Each step should fit your lifestyle, build upon the previous steps, and lead to better health.

Your Battle Plan Begins with 4 Steps.

1. Assess: Change only one or two behaviors at a time. Which behaviors do you need to change?

- Increase intake of specific food groups like fruits, vegetables, and low fat dairy.
- Change cooking techniques (use spices instead of salt, use olive oil, etc).
- Change meal and snack patterns (plan your meals in advance).
- Sleep at least 7 hours.
- Exercise regularly.



2. Analyze and Adjust: Which behavior changes would lead to the greatest improvements in your health?

- Which behaviors are most difficult to change?

- Which behaviors are you ready to change now?

- It takes a lot of effort to change behavior. Which behaviors do you want to change first, second, third?

- Big Changes = Big Rewards!



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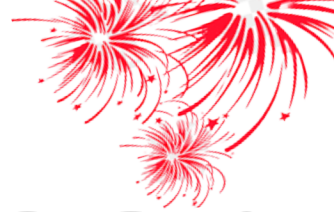
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3. Develop a Plan: Pick only one behavior to try to change this week and write a goal.



For the next week, I will ...

- Evaluate your goal. Is it reasonable or are you setting yourself up to fail? -----
- Identify the steps you will need to take to reach your goal (help from others, changing environment, helpful cues). -----
- Reward Yourself. If I am successful at attaining my goal (100% of the time), I will reward myself with -----.

4. Move On: Develop a New Battle Plan. Now that I am confident I can achieve my goals.

My next goal is going to be



- Keep writing new goals and moving forward.
- Tell yourself positive encouragement along your journey.
- Even if you do not meet your first goal completely, do not give up! Keep trying and you will be able to reach your goals.
- If you need support or advice, Wellness WACHers is here to help you!

To learn more information about prioritizing your health this new year, visit our website by scanning the QR code below. This is a new year for a new you!

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