

MAINTAINING A HEALTHY LIFESTYLE

To achieve and maintain a healthy lifestyle you have to take control of you.

To build a strong foundation, start each day with a good breakfast.

Diversional techniques help you stay on track toward achieving your health goals. Types of diversion include:

take a walk, take a deep breath,

drink a glass of water, say a prayer, contact a supportive friend.

To help prevent being limited to unhealthy options it is wise to plan ahead.

If you plateau you should get back to the basics.

Be mindful of your eating.

“ Exercise can never take the place of a healthful diet.”

Stress may prevent your blood sugar from coming under control. Types of stresses include:

danger, job worries, financial difficulties, relationship problems, health problems, infection.

Cravings are triggered by biological properties of the foods themselves!

The four food groups which trigger biochemical reactions similar to drugs are:

sugar _____, chocolate _____,
cheese _____, meat _____.

Dan Buettner said, “We can live a shorter life with more years of disability, or we can live the longest possible life with the fewest bad years. As my centenarian friends showed me, the choice is largely up to us.”