

School Health News

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The holiday season ended and the New Year's Resolutions were made. Many people make new vows of developing healthier lifestyles over the course of the next year, and then find their commitment waning and the distractions of general life very time consuming. Below are some of the more common resolutions and simple techniques to help you be a success.

1. RESOLUTION: HEALTHIER EATING



Don't bite off more than you can chew. Remember: stick to correct portion sizes, eat a rainbow of color for fruits and vegetables, and make your choices based on nutrition. Don't waste calories on foods that are low in nutrients, make every calorie count. Plan snacks ahead of time, but your stomach is growling.

2. RESOLUTION: EXERCISE



If you are not accustomed to exercising for an hour every day, then don't start out your new program by telling yourself that you are. It can be a goal, but to avoid burn out start with smaller steps. This could be as simple as planning on 15 minutes of exercise daily for a couple of weeks, and then you can gradually increase. Always speak to your primary physician before beginning an exercise program; he/she may have special considerations for you as an individual.

3. RESOLUTION: ENJOY LIFE



Don't forget to enjoy your time with family and friends. The busy lifestyles of today can cause us to get caught up in the rush and not take time to stop and enjoy the moment we are living in.

It usually takes about 3 weeks to change a habit, so remember that it does take time. There will always be times that we "fall off the wagon", however eating poorly for a day or weekend does not mean we have failed, we recognize it and continue moving forward in a positive direction. Learn from the pitfall AND PLAN AHEAD.

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