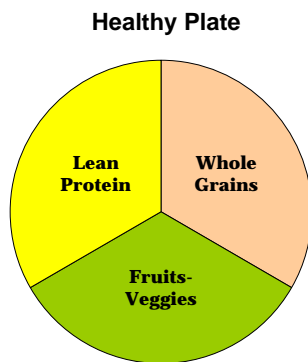


# Staying Motivated: Adopt an “I can do it” Attitude

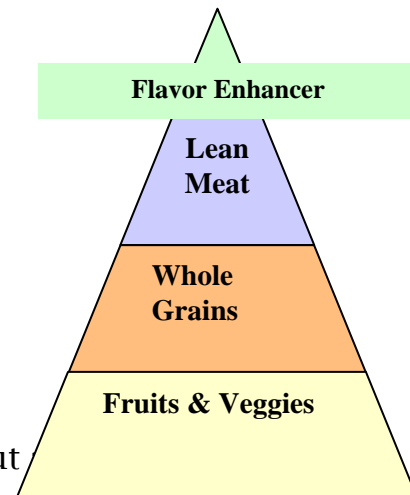
## Eating Well

- Instead of a candy jar, keep a basket of fresh fruit in your kitchen or living room for snacks.
- Find a local farmer’s market. Make weekly trips with family-friends. Enjoy the tasty local produce your town has to offer.
- Create a rainbow on your plate: fill your plate with fruits and vegetables of all colors.
- There are hundreds of different vegetables. Try a new one each week. Find recipes to experiment with.
- Always keep frozen vegetables on hand; they take only minutes to make and can complete your meal.
- You don’t have to eliminate your favorite foods; eat smaller portions and try lower fat versions.
- If you “mess up”, don’t give up. Instead of eating the rest of the bag of chips or the whole piece of cake, **stop** and go on a walk or munch on an apple. Realize that you haven’t failed from one slip-up.



## Physical Activity

- Keep your gym clothes out get home from work



#

- Make physical activity a routine part of your day
- Meet up with a close friend to walk
- Think of your daily exercise as time for yourself to de-stress - download your favorite songs and listen to them as you exercise
- Have a “gym buddy”
- Find new places to walk - research your area for pretty parks and trails - walk with friends and enjoy the scenery
- Try to get the whole family involved in the exercise routine. If your family exercises regularly, you will be more likely to exercise as well.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

CVC Control # 299

©2011 The Regents of the University of Michigan  
Last Revised March 2011