20 TIPS FOR GOOD HEALTH

TALK TO YOUR DOCTOR

For many people, diet and exercise alone aren't enough to reach a healthier weight. Talking to your doctor about the safe and effective medical treatments available is an important next step for long-term success.

SAY NO TO THINGS THAT MAKE YOU FEEL BAD

Setting limits is a really important tool for good self-care. What's an area in your life where you can practice saying "No, thanks"?

## PRACTICE MEDITATION OR BREATHING EXERCISES

Stress is a reality in our lives. The question is, how do we manage it? Meditation is a tool that many people find helpful for managing stress.

LEARN TO IDENTIFY YOUR FEELINGS

Our feelings can often seem overwhelming, but the more we learn to identify and accept them, the better we will be able to cope. This can also help us differentiate physical versus emotional hunger, which can decrease emotional eating.
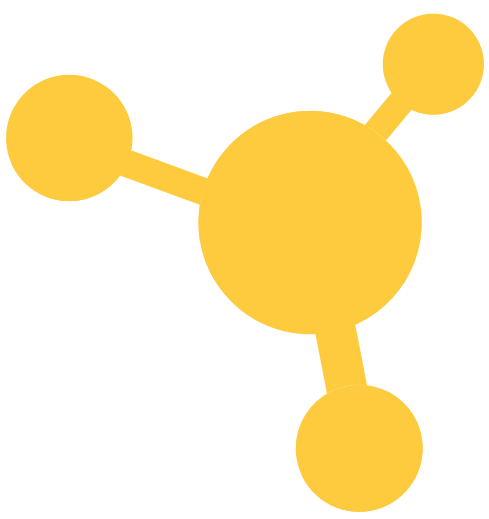
GET SUPPORT

When we lose weight, our bodies fight to regain it by lowering our metabolism and adjusting our hunger and fullness hormones. Medical treatments are needed to address these biological changes, which is why getting support from a physician and other healthcare professionals is critical.

FIND SELF-COMPASSION

Being kind to ourselves when things are difficult is one of the best forms of self-care. Research show that people who have self-compassion are less likely to be anxious or depressed.
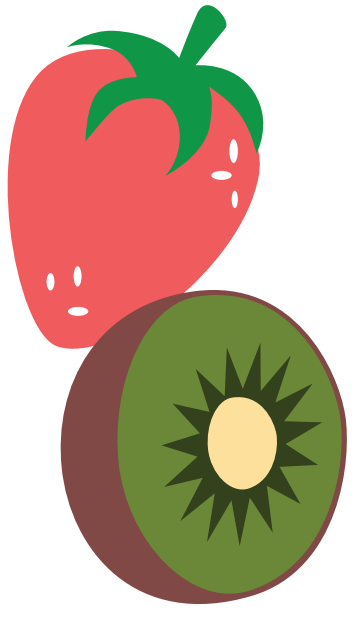
FOCUS ON ADDING HEALTHY HABITS INSTEAD OF DEPRIVING YOURSELF

People often focus on eliminating certain foods or food groups to be healthier, but deprivation doesn't work in the long run. Try eating more mindfully or adding a vegetable at lunch and dinner as a start.
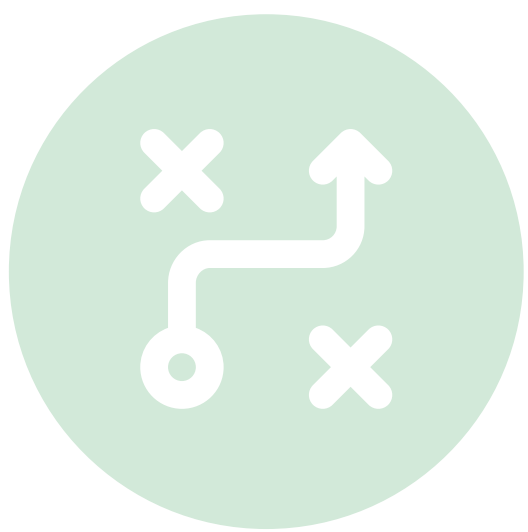
PLAN AHEAD

Life is busy! The more you can think ahead about when, where and what you'll be eating ahead of time, the more likely you'll be to stay on track. Think snacks, meals at work or school.

EMBRACE THE 80/20 APPROACH

An all-or-nothing mentality and depriving yourself can lead to overeating or, in some cases, binge eating. Allow yourself the occasional treat, and practice not feeling guilty after enjoying it.

KEEP A FOOD JOURNAL

A food journal is one of the best tools for weight management. It helps you track what you eat, discover habits and learn where you can make healthy adjustments!

SET UP YOUR ENVIRONMENT FOR SUCCESS

Sometimes it can feel like junk food is all around us, but thankfully we can keep it out of our homes. Clean out your cupboards and throw away or hide tempting, less nutritious foods. Restock your shelves with nutritious foods that won't tempt you while you're watching your nightly TV. Instead have healthy foods available: fruit or ready to eat vegetables in the fridge.

MAKE SMARTER GOALS

Create detailed and realistic goals, such as "I will walk 30 minutes/day, 2 days per week." A vague goal (like "Walk more") isn't as helpful. Goals that are specific and achievable increases your confidence and leads to more success.

CHANGE IT UP

Working out doesn't have to be boring. Try as many different forms of movement as you can to keep your routine exciting for you… and more beneficial for your muscles! If you enjoy walking, try exploring different locations… it can be a great way to sightsee!
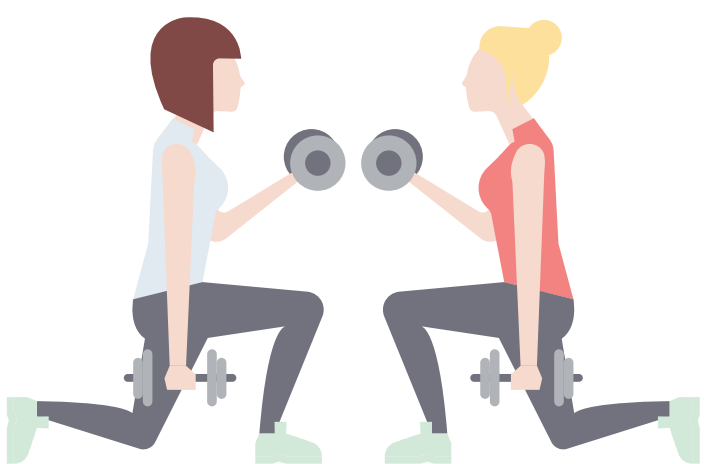
INVOLVE FRIENDS

Find friends, neighbors or even coworkers who might join you for some movement. You're more likely to show up for your group fitness class or take a walk on your lunch break if you know someone is counting on you to be there.
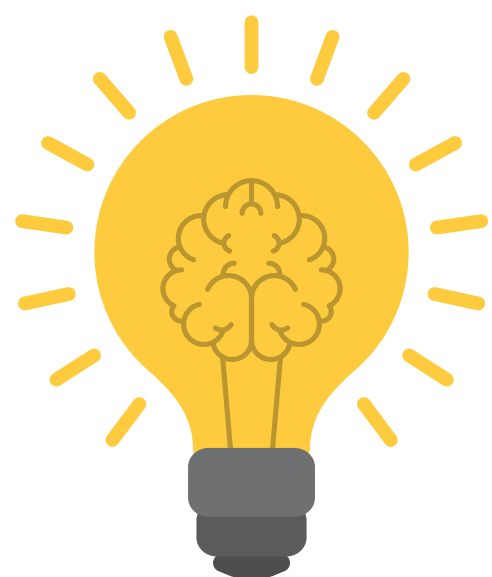
FIND YOUR WHY

If you don't feel excited to exercise, think about WHY you want to be healthier. Perhaps you want to be able to walk without pain on a vacation or be able to play at the park with your grandkids. Discover your reason for health and use that when you need a little extra motivation.

UNDERSTAND WHY SLEEP IS IMPORTANT

Getting a good night's rest will be easier if you understand how it will help you achieve your goals. Better sleep can lead to less stress, better health and even weight loss. Read up on the benefits of sleep to encourage you to hit the hay a little bit earlier.

TURN OFF YOUR SCREENS AT NIGHT

Televisions, cell phones, tablets and other screens trick your brain into thinking it's daylight. It can throw off your sleep cycle and make falling (and staying) asleep difficult. Remember—reading news stories can cause stress and anxiety. Turn off screens at least 30 minutes before bed to improve sleep.

PRIORITIZE GETTING THE SLEEP YOU NEED

Sleep makes you healthier and more productive and it should be a priority. Sometimes that means saying no to social events or early morning workouts. Arrange your schedule so you can get the hours of sleep you need - your body and brain will thank you.

CREATE A BEDTIME ROUTINE

Studies have shown that having a bedtime routine can help you fall asleep faster. Pick a few, simple things to do every night before bed and do them consistently. You'll notice a calmer transition into bed and an easier time falling asleep.