

Making Healthy Nutrition Habits Stick!

Healthy: **Full of vigor and strength, free from disease**

Healthy Nutrition Habits are trained behaviors related to eating that allow you to enjoy a Healthy life! This will be unique to you as each person needs different things to be healthy.

1. Habit VS. Willpower (Lifestyle Vs. Diet!)

Habit: an acquired mode of behavior that has become nearly or completely involuntary

Strength: allows us to do complex behaviors without thought! (autopilot) , economizes the expense of our CNS and muscular energy

Weakness: Bad habits can be formed as easily as good ones!

Will Power: control deliberately exerted to do something or to restrain one's own impulses.

Strength: This wonderful ability to reflect, ponder and choose, is a human's greatest evolutionary achievement! Used to RESIST short term temptations towards long term goals.

Weakness: LIMITED QUANTITIES!

2. Work on building one healthy HABIT at a time, concentrating our Willpower on executing that one habit until it become an autopilot for us!

3. How can you build a healthy habit?

See Homework Sheet.

Cue:

Action:

Reward:

4. Suggestions for a Healthy Nutrition Habit to work on:

*the habits discussed today are not weight loss-oriented, but Health oriented! Attend "The skinny on weight loss" to learn about weight loss specific nutrition!

Eat Breakfast every day

Eat something that was alive at every meal

Make healthy foods convenient (prep food! Meals, veggies, snacks, etc)

Try a new Healthy recipe 1x/week (promotes strength, vigor, freedom from disease)

Eat a minimum of 3x/day (up to 5x/day!)

Trade sugary beverages for water

Pack your lunch

Close the kitchen after dinner

Eat at least 3 colors on your plate

Use smaller plates