

# Climb These Steps to a Healthier You!

## It is never too late to change your habits.

*Are you thinking about being more active?*

*Have you been trying to cut back on eating high-fat foods?*

It is never too late to improve your eating and physical activity habits. Below are a few tips that will help you make healthy habits a part of your daily routine.

### STEP 1: IMAGINE A NEW HEALTHIER YOU.

Imagine yourself looking and feeling healthier and with more energy.

- How can you be more active and eat healthier foods?
- Think about some of the small changes you can make now.

### STEP 2: CREATE A PLAN.

What's stopping you? Identify your roadblocks and how you will overcome them.

- No time? Go for a short walk before work, during your lunch break, or after dinner.
- Don't want to give up your favorite meal? Make it in a healthier way. For example, try grilling or roasting, rather than frying.

### STEP 3: PUT YOUR PLAN IN MOTION.

Act on your plan and make the changes you set out to achieve.

- Try fun activities like dancing or biking.
- Ask your family and friends to motivate and support you.
- Track your progress and reward yourself for meeting your goals.

### STEP 4: ADD VARIETY AND STAY MOTIVATED.

Congratulations! Your healthy habits are now part of your routine.

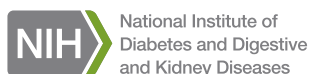
- Do not be discouraged if you slip up once in a while. Keep going!
- Challenge yourself. Think of ways to add other healthy habits to your life.

**Are you ready to change your habits and maintain a healthier lifestyle?**

**Contact the Weight-control Information Network (WIN) for more FREE information.**

Weight-control Information Network

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