

TIPS TO MAKE IT HAPPEN!

- 1. Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- 2. For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- 3. Don't "stock the fridge" with sugarsweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- 4. Serve water with meals.
- 5. Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- 6. Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- 7. When you do opt for a sugarsweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- 8. Be a role model for your friends and family by choosing healthy, low-calorie beverages.



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Keep Track by self-monitoring you can do this by observing and recording your eating and exercise patterns, followed by feedback on the behaviors. The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, this can serve as an early warning system if problems are arising and will help track success.

Some commonly used self-monitoring techniques include:

- 1. Food diaries
- 2. Regular self-weighing
- 3. Exercise logs
- 4. Equipment such as pedometers, accelerometers and metabolic devices
- 5. There are many apps you can download on your phone to help with this.



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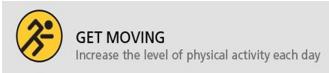






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- 1. Add fruit to your cereal, oatmeal, waffles or pancakes at breakfast.
- 2. Create your own yogurt flavors with plain yogurt and different combinations of fresh fruit.
- 3. Snack on raw vegetables or fruits instead of chips or pretzels. Keep sugar snap peas, raisins or carrot sticks in your car, your office or your backpack.
- 4. Use chunky salsa instead of thick, creamy snack dips.
- 5. Going out to lunch? Take a trip to the grocery salad bar. Use lots of dark green leaves and other vegetables instead of piling on all of the extras like eggs, bacon and cheese.
- 6. Add frozen vegetables to any pasta dish. It's an easy way to get in another serving of the good stuff.
- 7. Keep fruits and vegetables in line of sight. Grapes, oranges, bananas, and apples make a colorful bowl arrangement on the table. If you see them, you will eat them.



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- 1. Get off the bus one stop earlier.
- 2. Walk to the store.
- 3. Stand up and move around while making phone calls.
- 3. Do your own yard work.
- 4. Take the stairs not the elevator.
- 5. Park far away from the store.
- Walk at lunch or on your break at work.
- 7. Walk the dog, walk with your children, or start a walking group.
- 8. Don't stay seated for more than 30 minutes.
- Use a stationary bike while watching TV.
- 10. Take up a sport.
- 11. Go dancing.





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- 1. Measure accurately. For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale.
- 2. Learn to estimate serving sizes.
- -3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards
- $-\frac{1}{2}$ cup is the size of an ice cream scoop
- -1 cup is the size of a tennis ball
- -1 ounce of cheese is the size of a domino
- 3. Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold.
- 4. Dish out servings separately. Serve food from the stove onto plates rather than family-style at the table, which encourages seconds.
- 5. Make your own single-serving packs in zipper bags so that when you're in the mood for a snack it's ready.