

5 Steps For Success

1. **Talk with your provider.** It is important to talk with your healthcare provider to identify whether your plans for physical activity are safe and right for you.
2. **Identify your barriers.** Beginning a healthy routine may seem a little frightening at first. If you identify your barriers, you can confront them head on.
3. **Choose your course of action.** Decide what you are going to do to get healthy by thinking about how and why you are going to do it.
4. **Set your goals.** Goals are one of the most important parts to getting healthy because they provide you with a roadmap for success. Try setting both short- and long-term goals so you are always striving for something in the foreseeable future.
5. **Get motivated.** Always keep in mind why you started and keep your eyes on the prize—your goal. Try to find someone who will support you or work toward a goal with you. Having someone to keep you on track is always beneficial.



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Falls
COMMUNITY
HEALTH



Source: Centers for Disease Control and Prevention (www.cdc.gov) and USDA (www.choosemyplate.gov)

Feel Well. Live Well.

Move and Eat Well in the New Year



Do you have a New Year's resolution to **get healthier?**

Learn how to eat a **well-balanced, healthy diet** and learn how exercise can help you **achieve your fitness goals.**

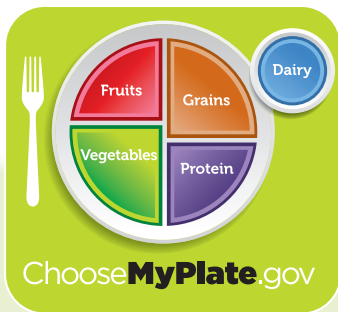
January



Eat Well in the New Year

A healthy eating pattern includes:

- A variety of **vegetables** of all colors
- **Fruits**, especially whole fruits
- **Grains**, at least half of which are whole grains
- Fat-free or low-fat **dairy**, including milk, yogurt and cheese
- A variety of lean **proteins**, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
- Healthy fats that come from fish, nuts, avocados, olive and canola oil



Visit www.choosemyplate.gov for more information.

Move Well in the New Year

Regular physical activity can reduce your risk of depression and may help you sleep better. It can also keep your thinking, learning and judgment skills sharp.

- **Take the stairs instead of the elevator.** Taking one flight of stairs can burn off at least 20 calories.
- **Biking doesn't have to be just a form of transportation**, it can also be a great form of exercise! When looking to get increase health benefits, shift gears to a higher number and pedal a little harder and faster.
- **Park father away from an entrance** to get in extra steps.
- **Walk or jog in place** while you watch your favorite show.
- **Join a walking program.** Visit www.siouxfalls.org/parks for more information.



Library Resources

BOOKS	
Title	Call Number
100 Health-Boosting Foods	613.2 One
Weight Training for Women	613.7 Garcia
Yoga for Whimps	613.7 Anthony
Walk Away the Pounds	613.71 A937y
So You Think You Can Dance	613.71 Walk
Sweatin' to the Oldies	613.7

We also have pedometers and exercise DVDs available upon request. Just ask your nurse or provider and tell them to visit the Live Well office!



Move and eat well in the New Year

**FRESH
START
AHEAD**

Do you have a New Year's resolution
TO GET HEALTHIER?



Connect with us @LiveWellSF

