

Walk
NEBRASKA

Overcoming Obstacles and Taking Action

*“Obstacles are those frightful things you see,
when you take your eyes off your goal”*

Henry Ford

So what’s stopping you from becoming healthy? What are the major obstacles that keep getting in your way? For many people, it’s one or more of the following: denial, environmental influences, fear, lack of specific goals, negative thought patterns, not knowing where to get started, and other people (e.g., family and friends). Not sure where to begin? Consider these commonly recommended strategies for improving health.

Health Action Steps

According to the *Small Steps to Health and Wealth™* program, these are some small steps you can take to achieve a healthier lifestyle.

► **Be physically active.** For substantial health benefits, adults should do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity. For those who like walking, the recommended goal is 10,000 steps (approximately 5 miles) each day. If you are not there yet, consider walking an additional 250 steps a week — any gradual increase is a step in the right direction.

► **Read the nutrition fact labels.** This will help determine your daily caloric intake. Give yourself a calorie “budget” and try not to exceed it. If one meal is high in calories, compensate by eating less at the others. To lose about 10 pounds per year, eat 100 fewer calories per day or spend 100 extra calories in daily physical activity.

► **Make smart menu substitutions a permanent habit.** For example, replace whole milk with 2%, and gradually change to 1% or skim milk. You may want do this one step at a time.

► **Reduce your portion sizes.** Decrease the number of calories consumed by reducing the amount eaten at meals and as snacks. A good way to start is to simply decrease current portion sizes by one-third or one-half. Save money by using the leftovers for another meal.

Small Steps to Health and Wealth™ was developed because many Americans are experiencing “issues” related to their health (e.g., diabetes and obesity) or personal finances (e.g., high debt and low savings) or both. For more information on the program, check out: smallsteps.unl.edu.

Source: *Small Steps to Health and Wealth™, Overcoming Obstacles and Taking Action.*

Know how. Know now.



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