

# Walk NEBRASKA

## M.A.P. Out a Healthy Lifestyle

Achieving a healthful lifestyle involves more than just planning a sensible, balanced eating plan and participating in regular physical activity. Feelings and emotions can influence how you eat and how often you move. Having strategies in place to help you work through the tough times can make healthy eating and regular physical activity a natural part of your daily life.

Self motivation, a positive attitude and planning techniques are key tools to help you develop and maintain your active, healthy lifestyle. For example, when you think positively, you are able to do things today that seemed impossible yesterday – like walking up several flights of stairs instead of using the elevator.

### M– Motivation

- Motivation is a necessary ingredient to make a lifestyle change or sustain the healthful habits that you've already started.
- Whether you have watched a loved one deal with the health effects of diabetes or you are tired of your face looking a little too full in family photos, your reason for eating sensibly and getting active is essential to your success.

### A – Attitude

- Research shows that a positive attitude can reduce your stress level and boost your immune and circulatory systems. It also can give you the power to overcome setbacks you may experience as you develop your active, healthy lifestyle. It will help you get back to your eating and exercise plan without feeling guilty if you missed a workout or went a little overboard on food at a party.
- Many people believe that simply losing weight will make you happy. But reaching that goal weight can take longer than sometimes expected, so it is better to find happiness in the little successes such as consecutive days of workouts, trying a new activity or preparing a tasty, nutritious recipe. Celebrate the small victories – this will help you succeed in achieving your long term goals.

### P – Planning

- Planning is essential for success when it comes to forming sensible eating habits and fitting regular physical activity into your schedule. You probably have noticed this in everyday life – the more hectic things are, the harder it is to stick to your goals. So, plan ahead for your meals, whether it's preparing a well-balanced meal at home or finding a restaurant that offers healthy choices.
- To fit regular physical activity in your hectic schedule, treat it like an appointment you cannot cancel. Make this appointment for times when you are the least busy, such as early in the morning or later in the evening. If you have kids, have your spouse or a friend watch the kids during your exercise time a few days a week, and then do the same for him or her. Or better yet, get the whole family involved in being active together!

Source: <http://www.foodinsight.org/healthy-eating.aspx>

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