

COMMITMENT

To Safety

GET YOURSELF HEALTHY THIS SUMMER!

We've all been waiting and waiting for the warm summer months – and probably developing some (bad and not-so-healthy) habits during the long winter!

Use this time now to get yourself healthy and ready for the fun of summer!

GET OUT OF THE HOUSE

- Consider taking half hour walks each evening
- Plant a garden
- Find an activity you can enjoy with family, friends, or yourself and make it part of your daily schedule for fitness
- Start a hobby that includes physical fitness

BALANCE YOUR DIET

- Eat foods from all four food groups
- Consuming a low fat diet decreases your chances of heart disease and high blood pressure
- Be cautious of fad diets and remember to talk to your physician about the best diet for you

MAKE GOOD HABITS AND TOSS OUT THE BAD

- Work on one bad habit each month recruiting friends and family to be your “support” team
- Start a new, healthy habit – make the commitment to one new habit a month and reward yourself when you reach your goals

DAILY AFFIRMATIONS AND BALANCE

- Surround yourself with positive thoughts and people ... those things that will help you build your self-esteem and assist you in reaching all of your goals
- Review priorities and make changes to help you “balance” busy summer schedules

SPRING INTO ACTION

- Commit to your plan in writing
- Make a timeline and track your progress
- Take it one step at a time
- Enjoy your healthy lifestyle!