

Ready for Change

Building & Maintaining a Healthy Life

Janie Wallace M.A. Ed.
Dr. Milady Murphy Ed. D.

Alabama Community College
Association Conference
Sunday, November 22nd, 2015

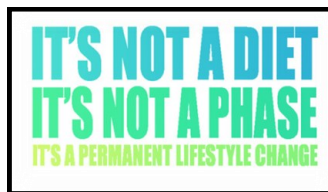
1. Become Ready for Change

- ◆ When you're ready, you'll know
- ◆ That moment when you say, "I've had enough and I'm ready for change"



2. Commit To Change

- ◆ It's not a diet, it's a new way of living



3. Eat Real, Healthy Foods



- ◆ Fruits, vegetables, beans
- ◆ Shop the Produce aisle
- ◆ Olive Oil instead of butter or margarine (Or None at all)
- ◆ If eating meat: Fish & Chicken
- ◆ Bake, broil or grill
- ◆ Choose Whole grains
- ◆ Cut out processed foods
- ◆ Read labels



4. Eat Single Size Portions

- ◆ Use tools like food scale & measuring cups
- ◆ Use a smaller plate



5. Get Moving

- ◆ Find a way to move that you enjoy
- ◆ Do it every day



6. Find a Support Team

- ◆ Health Mentor, Friends, and/or family
- ◆ Stay focused on goal





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7. Cheat Days

- ♦ *It's ok to step off for a day then get right back on track - Example: Holidays, Weekend*

8. Check with Physician before starting a new way of eating or exercise plan

RESOURCES

Mediterranean Way of Eating

Guide for Portion Control

www.mayoclinic.org

Janie Wallace's Website

Janiegwallace.wix.com/ready-for-change

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Special Thanks

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