

# Healthy You: Quick Facts

## Make plans to get fitter, healthier

**Y**ou don't have to make huge changes to your life to be healthier each day. Everyone can take small, simple steps to make their routine a little better for them. You can work with your doctor to make a plan that will work for your schedule and your lifestyle. That way, you are likely to stick with your new healthy habits.



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### Quick facts on being healthy:

**1** Before you start taking steps to be healthy, set some goals. Do you want to gain or lose some weight? Eat healthy foods? How will you monitor your progress? Your doctor can help you set goals.



**2** It is easy to get carried away with healthy changes. But small steps and goals will help you stay on track. Goals should be specific and give you room to improve.

**3** Short-term goals are a great way to get started. You can also set long-term goals to work toward. You might be able to walk 30 minutes now, but by next year you might be running.

**4** Encourage others to make healthy choices with you. You are more likely to stick with new healthy habits if you have a buddy for accountability.

**5** Make sure your new habits make you feel good. If you feel unhappy or like your goals are not attainable, you can always make adjustments to your plan. Getting healthy is a lifelong path, so do what feels right to you.



>> For more information on getting healthy, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### HOW CAN WELLNESS@WORK HELP?

Whether it is quitting tobacco, losing weight or becoming more active, clinic staff can provide advice and encouragement so that you can reach your goals. Schedule an appointment through the W@W portal ([chapelhillwellnessatwork.org](http://chapelhillwellnessatwork.org)) or call 919-968-2796.

