

Public Health is **EVERYWHERE**

Media Contact: Dawn Meyers, 330-812-3948

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New Year's Resolutions (Diet and Exercise)

There is significant scientific evidence that a sedentary lifestyle combined with unhealthy eating habits will increase the risk of morbidity and mortality. Behavior modification and improving dietary habits will help make lasting lifestyle changes to reduce the risk of disease and improve quality of life. Below are tips for getting started and some common misconceptions to watch out for.

TIPS...

- Have a plan and start small. Pick one goal at a time; once that goal is accomplished, move on to the next goal. Some examples:
 - » Eliminate sugar-sweetened beverages and flavor water with fresh fruit instead.
 - » Exercise (walk) for 10 minutes on Tuesday and Thursday for the first week. Then increase incrementally.
 - » Take the stairs instead of the elevator.
 - » Park further away from the door.
- Try the buddy system when starting an exercise routine. The accountability and support from a friend or family member can help set you up for success.
- Dance around to music and make exercise fun.
- If you get off track, go easy on yourself and do the next right thing. Remember it's about progress, not perfection.

COMMON MISCONCEPTIONS...

1. That it is an all-or-nothing approach.
2. Changes have to be big in order to work.
3. Sustaining a healthy lifestyle is hard and won't last.
4. Healthy food doesn't taste good.
5. I don't have the time or money to eat healthy and exercise.

For more information about chronic disease prevention, please visit our website at scph.org/chronic-disease.

Public Health is Everywhere video series is available at
<http://bit.ly/PHEverywhere>.



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1867 West Market Street, Akron, Ohio 44313 330-923-4891 www.scph.org