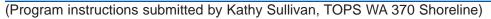
Quick 'n Easy Activity

Healthy Lifestyle Tips





The following program includes simple, do-able ways to eat better, get more physical activity and build a healthier lifestyle.

Cut the following 60 tips into strips with however

you may choose to cut three tips to a strip if you have 20 people in your chapter. Have each member take a strip, read their tips, and tell the group which tip could be the most useful, which tip they could try this week, or which tip they are

many tips you would like on a strip. For example, already using and how it is working for them. 1. Keep a food diary handy and write down everything you eat, right after you eat. 2. Switch from regular pasta to whole-grain pasta. 3. Get a friend or family member to try a new exercise DVD with you this week. 4. Although it may feel a little silly at first, say something nice to yourself in the mirror once every day. 5. Have a piece of fruit as part of your breakfast every day. Dried fruit counts, too! 6. If you drink juice, pour half of your usual amount into a glass and fill the rest with sparkling water. 7. Aim to get at least seven hours of sleep each night. 8. Make your own snack packs by measuring out portions of nuts, fresh cut vegetables or whole-grain crackers. Keep the packs handy at your desk or in your car for when hunger hits. 9. Vow to exercise for 15 minutes for every 30 minutes you spend watching television. 10. Write down three things you have accomplished on your weight-management journey thus far and share them with your TOPS chapter. 11. Never eat food directly out of the box, container, or bag. 12. If you are a soda drinker, cut your current consumption in half, or replace this simple sugar with a calorie-free alternative. Water is best!

13. The next time you do laundry, put away each item individually or in small stacks instead of using a basket.
14. Try low-fat Greek yogurt drizzled with honey.
15. Cut the caffeine after 12:00 pm to work toward getting a more restful night's sleep.
16. Drink a large glass of water or eat a cup of low-sodium vegetable soup before lunch or dinner to help you consume fewer calories.
17. After today's meeting, write down five things for which you are grateful.
18. To help you feel fuller longer, aim to eat more foods high in water—including fruits, vegetables, low-fat milk, and cooked grains.
19. Add 10 minutes to your current exercise routine.
20. Make over your lunch-time sandwich by replacing the mayo with mustard, adding crunchy veggies like spinach and cucumbers, and switching from white to whole-wheat bread.
21. Try edamame (soy beans). This high-fiber, complete protein may be added to soups, salads, or stir fry or eaten as a snack.
22. Sneak in exercise during your favorite television show's commercial breaks by walking up and down the stairs, marching in place, or doing push-ups or abdominal crunches.
23. Have an attitude of gratitude—take a moment to appreciate the little things that make life special.
24. Try not to have a complete "cheat day"—typically on the weekends—as this can make it more difficult to get back on track during the week.
25. As a rule of thumb, choose grains or starchy foods with at least three grams of fiber per serving.
26. Create a list of your own weight-loss saboteurs such as friends, holidays, or certain family members. Plan a strategy to overcome or deal with each saboteur on your list.

21. Set a small weight-loss goal prior to next week's meeting—no more than two pounds—and wear a rubber band on your wrist to remind yourself of this goal.
28. Write down three things that make you feel stressed. Next, write three healthy ways to cope with these stressors.
29. This week, try one fruit and one vegetable that you have never tried before.
30. Plan how and when you will exercise this week. Write down your exercise schedule in advance and check off each day as it's completed.
31. Be leery of foods that are "multigrain" and instead choose "100% whole grain."
32. Aim for two meatless dinners this week. Beans make for a great high-fiber, lean-protein, alternative to meat.
33. Chew sugar-free gum while cooking to avoid too much tasting and sampling.
34. Do something nice for someone this week even if it is just calling an old friend or relative.
35. If you have a negative thought about yourself, write it down. Then ask yourself, "Would I say this to someone else? No. Then why do I talk to myself this way?"
36. Make the most of your meal time by turning off the television, setting a nice place, and setting down the fork from time to time.
37. Set aside 30 minutes just for yourself. Do something you enjoy such as reading, solving a crossword puzzle, or taking a bath.
38. Sprinkle ground flaxseed (rich in fiber) on your cereal, in your yogurt, or in a fruit smoothie.
39. Add healthy breakfast foods to this week's grocery list. Whole-grain toast with peanut butter, low-fat yogurt with walnuts, or oatmeal with fruit are just a few easy-to-prepare options.
40. When feeling stressed, take several slow, deep breaths, inhaling through your nose and exhaling through your mouth.

41. Write an inspiring message or affirmation this week and post it somewhere where you will see it often.
42. Add 10 minutes of resistance training to your cardiovascular exercise this week. Elastic resistance using stretch bands is a great way to start.
43. The next time you are at the grocery store, purchase a healthy food that you have recently heard about but have never tried.
44. Offer to present a TOPS program within the next month.
45. Pick up a couple of bags of frozen vegetables while at the grocery store and plan to always keep them on hand. This way, you always have vegetables without fear of having them spoiling too quickless.
46. Create an outdoor scavenger hunt with your family, friends, or TOPS members as a way to get more physical activity.
47. This week, write down at least five reasons why weight loss or weight maintenance is important to you. Try to review these reasons once every day.
48. Satisfy your taste for sweet with a piece of dark chocolate.
49. Leave at least four bites on your plate at each dinner this week.
50. Keep a pair of tennis shoes in your car or under your desk so that when the opportunity to exercise arises, you'll be ready.
51. Avoid any and all drive-thrus, including those at fast-food restaurants and banks.
52. Do not wait until you are famished to eat. This increases the likelihood that you will overeat.
53. Set a reasonable physical activity goal this week and reward yourself with something non-food-relate when you reach your goal.
54. Call or email a fellow TOPS member this week and let them know how you are doing with your goal
55. Try a different aerobic activity this week. For example, if you usually walk try riding your bike, dancing, or swimming.

56. Switch your fats. Aim to eat less saturated fat such as whole milk products, processed meats and butter and more mono- and polyunsaturated fats such as olive oil, avocados, and nuts.
57. Start your day off with a ten minute walk to boost your energy for the rest of the day.
58. Down-size your plates and bowls.
59. Establish "no-food zones" such as your car, desk, or television room.
60. Set a goal and announce it to friends, family, and even co-workers. You're more likely to follow through with a goal if more people know about it.
Fat better get more physical activity

and build a healthier lifestyle.