

Health Matters

Healthstat Wellness
Newsletter



Nutrition

Proper nutrition is key when it comes to a healthy lifestyle, but most Americans are far from consuming the recommended amount of foods from each food group, especially fruits and vegetables. This can impact overall health and well-being. Getting the recommended amount of food from each food group is important because it ensures you are getting all of the necessary nutrients your body needs to function properly.

"Only 9.3% of adults meet the daily vegetable intake recommendations"

-Centers for Disease Control



Small Steps, Big Changes Set Yourself Up For Success

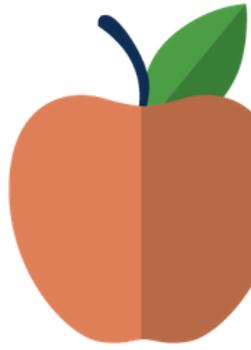
The biggest mistake that people make when it comes to changing their eating habits is making drastic changes that eliminate foods they enjoy eating. The best way to start eating healthier is to make small changes that you are more likely to stick to. If you want to eliminate something from your diet, such as soda, it's best to cut down on the amount that you consume rather than completely eliminate that item from your diet. Over time, slowly start cutting back more and more until the item that you once consumed on a daily basis will turn into an occasional treat.

Expecting drastic changes in your health in a short period of time is not realistic, and you can be setting yourself up for failure and disappointment. If you are interested in improving your diet, make a SMART goal for yourself to make sure that you are setting goals that are attainable. Your Healthstat clinician can help you develop these goals to improve your eating habits. Make an appointment today!

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Barriers to Eating Healthy



What is preventing you from eating healthy? Not enough time to plan and cook healthy meals? Isn't in your budget? You don't enjoy "healthy" foods and you don't want to give up the foods that you love? These are all common excuses we use when it comes to not eating healthy. It's time to cut the excuses and work on making positive changes to improve your health.

My perceived barriers:

1. _____
2. _____
3. _____
4. _____

Plans to overcome my barriers:

1. _____
2. _____
3. _____
4. _____

How could I be different a year from now if I make these changes?

1. _____
2. _____
3. _____
4. _____

Want to Learn More?

Make an appointment with your Healthstat clinician to discuss what you can do to improve your diet.

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