

# Commitment to Healthy Living: Starting small to get lasting results

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# Taking the first step

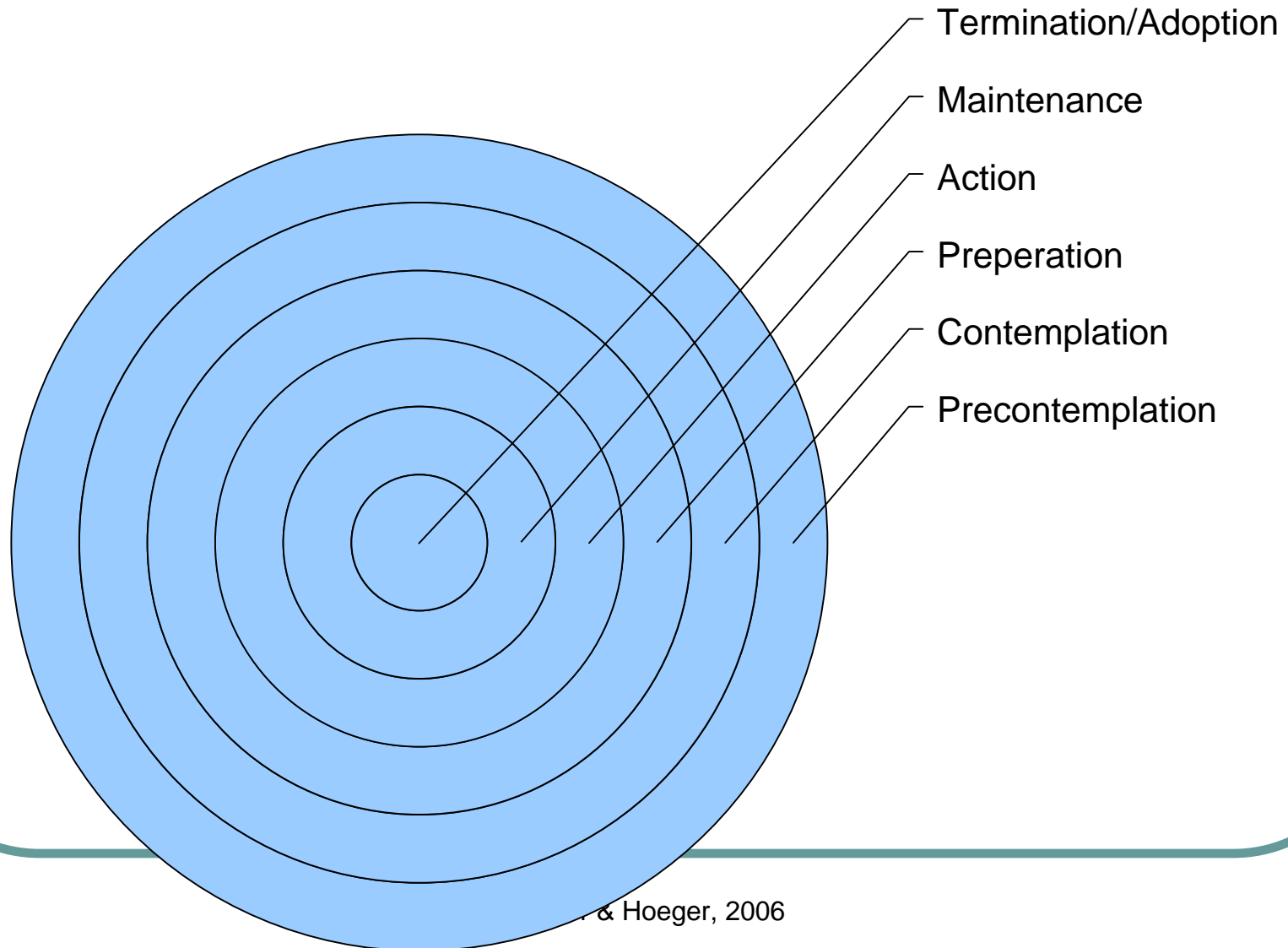
- Commitment to healthy living means that you have already made the decision to change in some way, some how, you accept the responsibility to change and believe in your ability to do so.

# The Transtheoretical Model

- **Stages of Change**

- **Precontemplation**-Do not wish to change
- **Contemplation**- Contemplating change over the next six months
- **Preparation**- Looking to change in the next month
- **Action**- Implementing Change for six months
- **Maintenance**- Maintaining change for five years
- **Termination/Adoption**- Change has been maintained for more than five years

# Which stage are you in?



# Comprehensive health and wellness

- A healthy lifestyle includes more than physical health alone. There are six dimensions:
  - Social
  - Spiritual
  - Physical
  - Environmental
  - Occupational
  - Intellectual

# Questions to keep in mind

- Which behavior is most important to change in order to improve your health?
- Which is the next most important?
- Which is the easiest behavior to change?  
Which is the next one?
- Is there a difference in your priorities between the most important and easiest behavior to change?

# Small steps

- Social
  - Keep in touch with family and friends
  - Take 2-Meet your neighbor:
    - What is the craziest adventure you had as a teenager.
  - Get on the bus!

# Small steps

- Environmental
  - Transportation
  - Local produce
  - Natural Fitness
  - Take 2

# Small Steps

- Physical
  - Knowing your numbers
  - You do have time
  - Take 2-Finding the rainbow

# Small steps

- **Spiritual**

- **Take 2**

- What do the teachings of my spiritual tradition, or of a wisdom tradition I trust, suggest that a person should do to handle such a situation?
- How would someone I admire handle it?
- What is my personal preference-what feels good to me?
- What action of mine would best serve the situation and also satisfy my desire to fulfill my responsibilities?

# Small steps

- Occupational
  - Managing stress on the job
  - Take 2-Breathe right to manage stress

# Small steps

- Intellectual
  - **Keep your brain active every day:**
    - Stay curious and involved — commit to lifelong learning
    - Read, write, work crossword or other puzzles
    - Attend lectures and plays
    - Enroll in courses at your local adult education center, community college or other community group
    - Play games
    - Garden
    - Try memory exercises
  - Take 2: Memory Games

# What are your goals?

- Leave room for progression
- Be honest
- Accountability

# Sticking with it

- Countering
- Monitoring
- Environment control

# Commit to it!

- This program is aimed at faculty and staff who wish to incorporate healthy habits in their daily routine and maintain their current weight. A \$10 dollar registration goes into the ‘pound pool’ which will be returned upon completion of the challenge.



# Living large

- [http://ngm.nationalgeographic.com/ngm/longevity/1110/daily\\_vid.html](http://ngm.nationalgeographic.com/ngm/longevity/1110/daily_vid.html)

# References

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