

# **Easy Steps for Success!**

We all know what is recommended to live a lifestyle that benefits our health. Making small changes can have huge impacts and move us in the right direction. This week our goal is to try simple steps daily to move towards living a positive lifestyle and making better decisions for our health.

## **Here are a few steps you can take or continue to take for success.**

### **1. Move More**

- a. It is no surprise that moving is a crucial part of a healthy lifestyle. A few simple things you can do throughout the day are walking, yoga, gardening, and even cleaning can increase your daily calorie burn and over time can help with weight loss. Try walking at least once a day, even a lap around your yard or the neighborhood and between meetings can add up over the course of the week.

### **2. Stay Hydrated**

- a. Making sure you drink enough water is a simple way to kickstart a healthy eating pattern. Dehydration can lead to overeating and low energy, so it doesn't jive with weight loss or health goals.

### **3. Eat More Fiber**

- a. Without changing anything else about your diet, eating more fiber has been proven to help with weight loss. Fiber keeps you fuller longer but, be sure to eat whole grains, like oats, whole wheat pasta and quinoa. The easiest way to add more fiber to your diet is add more fruits and vegetables!

### **4. Stand Up**

- a. Sitting is something we do all too much these days and sitting all day can have several negative impacts on our health. Challenge yourself to stand up and do a few stretches every hour.

### **5. Get Some Sleep**

- a. It is recommended to stick to regular sleep and wake schedules that are sustainable for your lifestyle. It is crucial for a healthy sleep pattern.

## **One Healthy Step a Day Challenge:**

Pick a step each day to accomplish. If you want to challenge yourself, try completing two or three steps or build on each day! The goal is to keep making small positive changes to see success. Remember - Rome wasn't built in a day, and it takes doing things consistently to make it a habit and see results!