



Small Steps to a Healthy Weight

If your big goal is to have a healthy weight, then setting small goals can help you get there.

Start with one small change and keep it up until it becomes a habit. Continue making small changes until you have many new habits and you will soon find you are living a healthier lifestyle. Not only will you reach your weight goal, but you will feel great!

Be Realistic

WIC staff may ask you to set goals during classes or while talking with your nutritionist. Be realistic when you set them. Make sure the goals you set are ones you can meet.

A goal that might be hard to reach:

I will run 5 miles each evening this week.

A goal that might be easier to reach:

I will take a walk with my family 3 evenings this week.

Here are some examples of small goals that can help you reach your big goal of weight loss.

Lifestyle Changes

- **Limit TV Time** – People who watch more than 3 hours a day tend to weigh more.
- **Get Enough Sleep** – People who get close to 7-8 hours a night tend to weigh less.

Get Active

- **Get Your Family Up & Out** – Have everyone take a walk after dinner.
- **Park Further Away** – You will get exercise just walking to and from your car.
- **Take the Stairs** – Avoid the elevator if you are going up 1 or 2 floors.

Eat Healthy

- **Limit Sodas** – Drink only one soda a day instead of two.
- **Eat Meals at Home** – Cut down on fast food since it is high in fat.
- **Switch to Low-fat Dairy and Meat** – Drink skim or 1% milk and trim the fat off your meat.
- **Choose Healthy Snacks** – Pick fruit or vegetables instead of candy or chips.

Check Your Progress

Write your goals down on paper. Each day, record the things you did to meet your goal.

Include your family. Your children learn healthy habits by watching the choices you make. The goals you set can help your whole family be healthier.



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