

Healthy Living Tips

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GOVERNMENT OF BERMUDA
Ministry of Health and Seniors
Department of Health

3 tips for a Healthier You!

So, why is your health so important? Being healthy will allow you to do what you do throughout each day with more ease. Your activities of daily living (ADLs) will be easier to complete. This means that if you catch the bus, you will have an easier time carrying your grocery bags from the bus-stop to your home, or working in your garden for a couple of hours will not tire you as much or cause much muscle soreness.

We care about our health, but sometimes just cannot find the time to fit in a walk or exercise DVD.

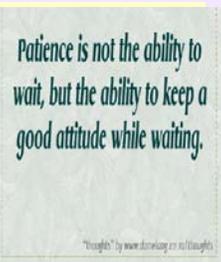
Below are some suggestions that we hope you will find helpful in taking those first steps to focusing on your health and starting to practice healthy habits more consistently. Parents can set the example for their children to follow, and health can be a "family affair."



Forget about dieting! Usually, just knowing that you are on a diet makes you crave your favorite foods and sets you up for failure. Just focus on eating healthier foods during most of the day and eating clean. Choose fresh, frozen, or dried vegetables, fruits, and whole grains. Eat less processed foods and have sugary drinks and foods only as treats. Try drinking water as your main beverage.



3. **Just get Moving!** This means not sitting most of the day, but taking several walking breaks throughout the day. Fit your physical activity naturally into your day. For example, try parking your car or motorbike a couple of blocks from your destination and walk; getting off the bus one or two stops from your destination or home and walk; or walking around the playground while your children are playing.



Be patient with yourself! Starting a healthy lifestyle will take time and there will be times when you fall back into your old patterns. These lapses are a normal part of any type of behavior change, so just re-focus and re-start -- Don't give up!



Remember, set realistic goals with no hard and fast deadlines -- and start slowly. Take small steps and change one healthy habit at a time. For example, you can focus on increasing the amount of vegetables you eat a day. Just fill half your plate with vegetables at lunch and/or dinner. See? Keep it simple!

For more information about making the first steps toward improving your health, be sure to talk with your physician about your goals.

Also contact the following:

Nutrition Services

Department of Health

Telephone: 278-6467 / 278-6469

Bermuda Diabetes Association

Telephone: 236-3668