

Getting Started

Prep Your Kitchen for Success



- Get RID of the JUNK!!
 - Candy, cookies, pastries, ice cream, fried foods, sugary cereals, chips, etc.
- Throw them out or give them away, just get them out of your home, car, and office!
- Find healthier alternatives to your favorite snacks:
 - Lower sugar cookie recipes made with whole wheat flour
 - High fiber cereal with a sprinkle of chocolate powder.
 - Roasted, seasoned potatoes instead of chips.
 - Low fat and low sodium popcorn.

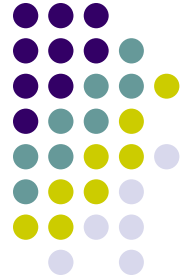


Get In The Right Mindset

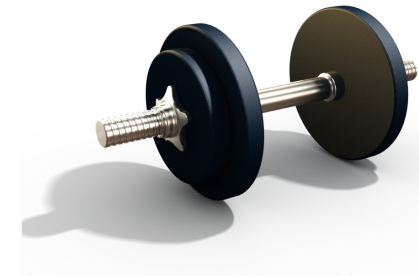
- Set a goal:
 - Specific
 - Attainable
- Post-it notes
 - Fridge
 - Mirror
 - TV
- Affirmations
 - Believe you are worth it



Begin To Exercise



- Recommendation:
 - 20 minutes a day
 - Find something FUN!
 - Workout books and DVD's
 - Make it easy to get to your equipment
- Sample equipment:
 - Dumbbells in 2-3 different weights
 - Jump rope
 - Exercise bands
 - Mat



Get Support

- Recruit family and friends!
 - Group support
 - Motivation
 - Accountability
- If they won't join, ask for support!
 - Why it's important to you
 - Try not alienate
 - Toxic friends

