



1-Getting Started

Year of Being Well



How to be healthier.

Everyone has to start somewhere, but it always seems like getting started is the hardest part of doing anything. I've found that people make changes to their habits for a lot of different reasons. Sometimes they are forced to change because of a health scare. Sometimes a family member's situation makes people see changes necessary for themselves. Sometimes, people living in similar neighborhoods or environments simply encourage them to adopt healthier habits.

Once we decide to change our habits, there are practical questions to address: When should we start something new? When should we introduce a new vegetable at dinner? When should we kick off a family evening walk? It all depends on what works for your family. There is no right or wrong answer. But it is important that you think about your family's lifestyle and incorporate changes — at the right time and pace — in ways that will increase your chances for success.

You'll see that the families in this book all started making changes at different times for different reasons. They live in different areas, their family dynamics are different, and they faced different challenges when trying to lead healthier lives in their communities. The most successful families are often the families that adopt new habits together — mom and dad play with the kids instead of sending them outside to play alone or stop drinking soda when they expect their children to do the same. But they all started from the same place you are at now: the beginning. — *Susan Dell*

Quick Tips:

- Pick a start date that works for you and your family
- Set aside an hour each week to research ways to be healthier and track your progress
- Don't get frustrated, big changes take time. Take small steps to reach your goal.
- Share your goals and plans with a friend. Motivate each other to live a healthier lifestyle.

Did you know:

80 percent of obese children ages 10 to 13 become obese as adults.
American Academy of Child & Adolescent Psychiatry

Being overweight or obese raises the risk of colon, breast, endometrial, and gallbladder cancers.
National Heart Lung and Blood Institute

Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.

Find more information at www.BeWellBook.org

How healthy are you and your family?

Name: _____

Period: _____

Date: _____

What is your families current nutrition level. List foods your family eats frequently. Do you feel you are eating healthy and balanced meals? Why or why not?



What is your families current activity level. List the activates and the duration for each member of your family for an average week. Why or why not?
