



Introduction

Motiv8 is an initiative developed by KFL&A Public Health and adapted with permission by TBDHU to help decrease obesity and chronic disease in our community. Motiv8 has identified the following eight evidence-based behaviours as practical solutions for people to eat well, get fit and live life:

- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 Watch less TV

Take Action: Steps for Success

Using a log to track behaviours has been shown to improve success in increasing healthy behaviours and decreasing unhealthy behaviours. To use the log effectively, complete the following steps:

- Step 1** Read and complete the Goal Setting and Make a Change sections.
- Step 2** Fill in a short term goal for healthy eating and physical activity at the beginning of each week.
- Step 3** Fill in the log each day to track what you are doing.
- Step 4** At the end of the week look at the log to see which behaviours you are performing regularly and which ones you are having difficulty performing.
- Step 5** Identify any barriers you have faced and plan steps to take during the next week to reach your goals.

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small, manageable tasks, and then starting on the first one."

Author: Mark Twain



Goal Setting

Setting goals will help you to stay focused and monitor your progress while adopting a healthier lifestyle. It is important that your goals be developed using the **SMART** principle:

S	Specific —be clear about what you want to accomplish.
M	Measurable —use indicators to track your progress from start to finish.
A	Action oriented —make goals that require you to take action.
R	Realistic —make goals practical and within your personal capabilities.
T	Timelines —have a specific timeline so that you feel obligated to work towards and achieve your goals.

Sample SMART healthy eating and physical activity goals:

"I will walk for thirty minutes at a moderate intensity, Monday through Friday, for five weeks."

"I will eat two extra vegetable or fruit servings every day for five weeks."

Write your own SMART healthy eating and physical activity goals.

Healthy eating goal: _____

Physical activity goal: _____

Each week write your short term goals in your logbook. These short term goals should be small steps to help overcome barriers, keep you on track and help you reach your long term goals.

Refer to your goals regularly to help keep you on track.



Thunder Bay District
Health Unit



Make a Change

It takes more than desire to make change happen. It takes work. You will face barriers that make it difficult to achieve your goals. Breaking barriers down into smaller, more manageable pieces and reframing them in a positive context will help you succeed. For example, cooking several healthy meals on Sunday for the week may seem tough, but focus on how nice it will be during the work week to come home to ready-made healthy meals.

Reframing involves looking at barriers from a different perspective; making the problem part of the solution. An example is to change the thought, "I'll take the elevator today because I have a lot to carry," to a positive message, "Carrying this load up the stairs will make my arms and legs stronger." These approaches will help you to stay on track.

Use the chart to identify your barriers and plan how to break them down into smaller pieces to overcome them. Two examples have been provided.

Barrier to making change	Small steps for success
1. Snack without thinking.	Have water ready and available.
	Don't eat in front of the TV or computer.
2. No time to exercise.	Watch 30 minutes less TV in the evening.
	Go for a walk after supper.
	Keep sneakers at work to walk at lunch.



Approach lifestyle change as if you are learning to play an instrument or speak a new language. It takes time and hard work to be good at it, but it is worth it in the end.





Example Log

George, 35, is working to maintain his weight by eating healthy and being physically active. The following description is from a day in the life of George with an excerpt from his log.

George begins his day at 7:00 am. He enjoys a bowl of high fibre cereal with low fat milk and an orange for breakfast. After breakfast he puts on his pedometer and goes for a 15 minute walk. He is aiming for 10, 000 steps today. There are coffee and doughnuts at work today and he indulges. George brought a healthy lunch from home and resists the temptation to go for pizza. After work, he has a quick snack of carrots and low fat yogurt dip, and has a glass of water, before going for a 25 minute walk. After his walk, George makes a healthy meal at home. It's Thursday and his two favourite shows are on so he watches two hours of TV. He does stretches on the commercial breaks during the first show (about 10 minutes), and enjoys a bag of popcorn and a glass of water instead of pop during the second.

Motiv8 Behaviours	Thursday
Be active minimum 30 minutes 5 days per week 1 block = 10 minutes	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
Watch less TV Two hours or less per day	<input checked="" type="checkbox"/>
Breakfast every day Include 3 of the 4 food groups	<input checked="" type="checkbox"/>
Re-think your snack Include 2 of the 4 food groups	<input checked="" type="checkbox"/> <input type="checkbox"/>
Water Replace pop or fruit drink with water	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables and fruit * Women: 7-8 servings Men: 8-10 servings	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Make meals at home Most days of the week	B L S <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Total Points**	21
Foods to limit High in calories, fat, sugar, and sodium e.g., pop, chips, french fries, cake, etc.	<i>Donut Pop</i>

* Vegetables and fruit blocks = 1 Canada's Food Guide serving

** Each check mark = 1 point