

Your Guide to Motiv8



Want to know how to eat well, get fit, and live life? At TBDHU we've reviewed the literature and found eight practical solutions that will help you reach and keep a healthy weight. You don't have to tackle all eight at once. Practise one at a time until you feel comfortable then move on to the next. Continue practising each of the solutions every day in order to achieve the health benefits your body and mind need. Remember small changes make a big difference.



1

Eat a Healthy Breakfast Every Day

Everyone can benefit from eating breakfast first thing in the morning. You 'break the fast' after not eating throughout the night. This helps improve your energy level, reduce your hunger, and prevent impulsive eating later in the day. Eating a healthy breakfast means eating from three of the four food groups every day. This helps you to meet your nutrient needs, eat fewer calories and manage your weight.



2

Re-think Your Snack

Healthy snacking can help fuel your body for your busy day. A healthy snack between meals not only gives you lasting energy for your day but can prevent overeating at mealtime, helping you reach and keep a healthy weight. Healthy snacks include foods from two of the four food groups to help keep you satisfied and provide your body with important nutrients.



3

Be Active Every Day

Being physically active is the one lifestyle factor that improves your health at any age. Physical activity helps you stay healthy, prevent chronic diseases, and maintain a healthy weight. There are three types of activities your body needs: endurance, flexibility, and strength. Keep in mind that every step counts towards being physically active and managing a healthy weight. Aim for the recommended 150 minutes of moderate to vigorous aerobic physical activity per week. Activity needs to be in periods of at least 10 minutes.



4

Choose Water

Staying hydrated can affect how you feel and perform during the day. Choosing water is a calorie-free way to quench your thirst. Other healthy beverages, like milk and 100% juice, provide some calories but also important nutrients that your body needs. Satisfy your thirst first with water to help you reach and keep a healthy weight.



5

Enjoy More Vegetables and Fruit

Vegetables and fruit are a colourful and rich source of nutrients for your overall health. They are high in water, vitamins, minerals and fibre, and low in fat and calories. They reduce your overall calorie intake and help you feel full longer. Choosing a vegetable or fruit at every meal and a snack is a simple way to help meet your daily needs. Maintain a healthy weight by aiming for at least 7 to 8 servings of vegetables and fruit every day, as recommended from Eating Well with Canada's Food Guide.



6

Make Meals at Home

Homemade meals provide the best nutrition in a comfortable environment. Compared to meals purchased outside the home, homemade meals are higher in vegetables, fruit, grains, protein, and calcium. There is also growing support to make more meals at home as a way to develop regular eating patterns, prevent weight gain, and increase family communication. Plan ahead and prepare at least four supper meals at home each week, with planned leftovers for busy days.



7

Breastfeed Babies

Breastfeeding is the first step to healthy eating. Breastmilk provides infants with all the nutrients they need plus many other long-term health benefits. There is also very promising research currently being evaluated linking exclusively breastfed babies and lower risk of developing obesity. Health Canada recommends exclusive breastfeeding for the first six months, the addition of iron-rich solid foods at six months, with continued breastfeeding up to two years and beyond. Support breastfeeding mothers and their families at home, in the workplace, and in the community.



8

Watch Less TV

Watching less TV is beneficial for you and your family. It provides more time to spend with family and friends and more time to be physically active. This leads to higher energy levels and burning more calories. Balance leisure screen time, such as watching TV, playing video games or being on the computer, with being physically active. Limiting yourself to two hours or less of leisure screen time every day can help you reach and keep a healthy weight.

For more information and pamphlets on Motiv8's eight practical solutions to eat well, get fit and live life, check out www.eatwellgetfitlivelife.ca or call 625-8315 or 1-888-294-6630, ext 8315.