

Be Active Eat Well Be Yourself

10 Steps to a Healthier You

It's time to adopt
new measures
for a happier and
healthier you.

Be Active

Every effort counts

Walk the dog, play with your kids, rake the leaves and take the stairs. The more active you are in everyday life, the healthier you'll be. Keep moving. Feel alive. Enjoy!

Start small

Increase your activity level by just 10 minutes a day, then slowly increase it again when the activity has become part of your regular routine. Aim for at least 30 minutes of activity each day, whether it's 30 minutes at one time or three 10-minute sessions throughout the day. Be active just for the fun of it. Feel your body respond.

Set realistic goals

Remember, you are aiming for better health. Set activity goals that you can reach and chances are better that you will continue to be active. Choose activities that energize you.

Eat Well

Variety adds enjoyment

A healthy eating plan includes a wide variety of foods – even decadent desserts, from time

to time. Eat the foods you enjoy – balanced with healthy choices and size-wise portions.

Listen to your body cues

Are you really hungry? Has it been four hours since you last ate? Is your stomach grumbling? Listen to your body... you may need other nourishment such as sleep, fresh air, cool water or maybe just a change of pace. Trust your instincts.

The 20-minute message

It takes 20 minutes for your brain to register that your stomach is full. Slow down to savour the flavour! Enjoy the colour, smell, taste and texture of each bite you take before going back for more... you may not need it. Listen to your body.

Health is a life-long experience

Don't look for a quick fix for your long-term health. If a "results-right-away" meal plan sounds too good to be true... it probably is. Enjoy eating balanced, nourishing meals. Be active. Enjoy life.

Be Yourself

Enjoy being unique

Like your fingerprint, your body is one of a kind – the result of genetics, lifestyle and experiences. Stop comparing yourself to others and focus on the best possible you. Adopt a healthy attitude for life.

Turn negatives into positives

Recognize how people or events trigger negative feelings about your body image. Develop coping strategies to deal with these situations. Don't let others control your happiness – only you have that power.

Like yourself

Make a list of the things you really like about yourself and focus on them. The list can include traits like humour, intelligence, kindness or enthusiasm. Have a healthy attitude and focus on what's on the inside.



Healthy Measures

Be active • Eat well • Be yourself