

# Get ready, get set....GO!!

Take 1-2 days to prepare yourself and your surroundings for your healthy lifestyle changes.

## Step 1

Sit down with your **support team** – your family, friends and other support

- Household members
  - ✓ Advise them of your plan for a healthier lifestyle
  - ✓ You would like them to join you or at least support you
- Friends and co-workers
  - ✓ Appeal to friends and co-workers to join you and perhaps be your exercise buddy, etc.

## Step 2

Start with a **kitchen makeover!**

- If you have junk “food” (processed, sugary foods) in your kitchen you will eventually eat it!
- Go through your cabinets and refrigerator and **THROW OUT**
  - ✓ All fake food
    - This includes anything that comes in a bag or a box
    - Contains preservatives, additives or dyes, MSG, colors
    - Labeled fat-free or low-fat
  - ✓ All foods and any drinks that contain sugar including high-fructose corn syrup
  - ✓ All foods containing refined flour or salt
  - ✓ Anything containing artificial sweeteners
  - ✓ Anything containing hydrogenated oils or refined vegetable oils
- Organize your kitchen
  - ✓ Good set of pots and pans
  - ✓ Good set of knives
  - ✓ Blender
  - ✓ Slow cooker
  - ✓ Food processor
  - ✓ Sealable containers

## Step 3

Preparation is everything

- **Plan your meals** for the week, including snacks
  - ✓ Take a day (i.e. Sunday) to plan, shop and prep for the week
    - Use online resources, cookbooks, etc.
- Make a shopping list AND **STICK TO IT**
  - ✓ Shop the perimeter of the store, not the aisles where all the junk food is
  - ✓ Don't be afraid to buy fruits and vegetables in bulk
    - You can always freeze what you do not use this week

## Step 4

Make an **exercise plan**

- Organize your **fitness apparel**
  - ✓ Find a comfortable pair of sneakers
  - ✓ Get out your t-shirts and shorts, leggings and sweatshirts
  - ✓ Get a PBA-free water bottle
- Stick to your exercise plan
  - ✓ If you don't like the gym, go for a walk at lunchtime
  - ✓ Consider online exercise regimens from You-Tube to on-demand classes or dig out your old DVDs
  - ✓ Add meditation or a daily breathing regimen to your day
  - ✓ Find an exercise buddy for motivation and accountability