

# Daily Thoughts

## Nutrition Activity:

Be sure to eat a healthy breakfast this morning. You'll be less likely to overeat the rest of the day.

## Nutrition Tip:

Learn to recognize when you are eating out of boredom, frustration, or fatigue. Don't use food to deal with these issues. If you are feeling this way, get out of the kitchen! Take a walk, call a friend or play with your dog.

Here's a few to pick from... categories are Stress, Nutrition, Lifestyle, and Fitness.

## **Stress Activity:**

Take 10 minutes to write down 10 things you are grateful for in your life.

## **Stress Tip:**

Use scents in your home. Studies show that women like licorice and cucumber; favorites for men are pumpkin and lavender.

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## **Nutrition Activity:**

Take 20 or more minutes to eat each meal. Eat slowly, chew your food thoroughly, and pause between mouthfuls.

## **Nutrition Tip:**

If you eat out, ask for a half order or share an order with a friend.

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## **Lifestyle Activity:**

Talk to a friend or relative who practices a healthy lifestyle behavior that you need to adopt. Find out what he or she suggests you do to make the change.

## **Lifestyle Tip:**

Always wear a seat belt when in a car or other vehicle.

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## **Fitness Activity:**

Do one hour less of TV watching or computer use and replace it with something that gets you moving (e.g. bike riding, walking, stretching).

## **Fitness Tip:**

Be in tune with your body while exercising. If muscles or joints start to hurt, ease up.