

# ON THE MOVE

MARCH 2019

701.845.8518 | [www.barnesonthemove.org](http://www.barnesonthemove.org)

## Making Better Choices Easier

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

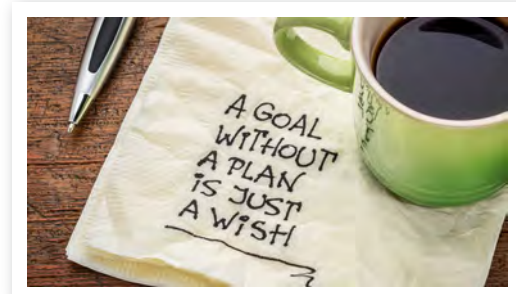
"It's frustrating to experience setbacks when you're trying to make healthy changes and reach a goal," says NIH behavior change expert Dr. Susan Czajkowski. "The good news is that decades of research show that change is possible, and there are proven strategies you can use to set yourself up for success."

### Know your Habits

Regular things you do—from brushing your teeth to having a few drinks every night—can become habits. Repetitive behaviors that make you feel good can affect your brain in ways that create habits that may be hard to change. Habits often become automatic—they happen without much thought. "The first step to changing your behavior is to create an awareness around what you do regularly," explains Dr. Lisa Marsch, an expert in behavior change at Dartmouth College. "Look for patterns in your behavior and what triggers the unhealthy habits you want to change."

### Make a Plan

Consider what you think you'll need to be successful. How can you change things around you to support your goals? It's also important to plan for obstacles. Think about what might derail your best efforts to live healthier. How can you still make healthy choices during unexpected situations, in stressful times, or when tempted by old habits?



*How can you change things around you to support your goals?*

### Stay on Track

Doing positive things for yourself can feel exciting and rewarding. But there will also be times when you wonder if you can stick with it. "The more you practice self-control, the better you become at it," says Dr. Leonard Epstein, who studies behavior change and decision-making at the University at Buffalo. "You develop the capacity to act and react another way."

### Think about the Future

Epstein has found that some people have a harder time than others resisting their impulses. This can lead to things like overeating, substance abuse, drinking or shopping too much, or risky sexual behavior. "You can learn to postpone immediate gratification through episodic future thinking, or vividly imagining future positive experiences or rewards," he explains.

### Be Patient

Sometimes when you're trying to adopt healthier habits, other health issues can get in the way. You're never too out of shape, too overweight, or too old to make healthy changes. "Things may not go as planned, and that's okay," Czajkowski says. "Change is a process. What's most important is to keep moving forward."

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# KEEP MOVING!

MARCH 2019



## Incentive Gifts Now Available

ON THE MOVE members who have their membership paid by their employer will have their incentive gifts delivered to their workplace. These include: Barnes County, Barnes County Senior Citizens, Bridge City Dentistry, CHI Mercy Health, Dacotah Bank, City-County Health District, VCSU, Open Door Center, and St. Catherine School. ON THE MOVE members who paid their own membership fee can pick up their incentive gifts from City-County Health District.



**Thank You to everyone  
who felt the community spirit and  
joined ON THE MOVE this year!**

## NUTRITION & COOKING CLASSES

### **Physical Activity Leads to Health**

Wed, March 6 2:00p @ Bridgeview  
FREE of charge

### **Concept Cooking:**

### **Stir Fry Means Fast, Great Flavor!**

Thurs, Mar 21 5:30p @ Gaukler Wellness

**Registration required: 845-3294**

## ON THE MOVE in the Community

A Family Fun and Fitness Night was held on Thursday, Feb. 21 for the parents and grandparents of fourth-grade students of both Washington Elementary and St. Catherine Elementary. The students taught their parents and grandparents about how to keep a healthy blood pressure, focusing on: how to read nutrition facts



labels, how to eat less sodium, to eat foods rich in calcium and to eat more fruits and veggies. They also served healthy recipes such as smoothies. VCSU students helped the grade 4 students prepare and serve smoothies to approximately 100 parents and grandparents at the event. The event was sponsored by ON THE MOVE at City-County Health District.

## FROM OUR KITCHEN

### **Strawberry-Banana Smoothie**

#### **Ingredients:**

1 very ripe, medium sized peeled banana  
3/4 cup pineapple juice or orange juice  
1/2 cup nonfat or lowfat vanilla yogurt  
1 cup frozen strawberries

#### **Directions:**

Put banana in the blender with pineapple juice, yogurt and strawberries. Make sure the lid is on tight and blend until smooth. Divide smoothie between two or more glasses and serve. Makes two 8 ounce servings.

