

Lifestyle Change from Home!

Whether you work from home or spend most of your time at home, creating strategies to help you stick with your lifestyle change goals is important. Consider if any of these tips might work for you:

Set up your space to support your efforts

- Put tempting foods out of sight-don't rely on self-control
- If possible, work in a separate space from your kitchen
- Put visual reminders of your goals in your workspace (Eg. photos, a vision board, your National DPP notebook or food tracker)

Plan for physical activity breaks

- At a minimum, set a timer or reminder to stand up at least once an hour
- Block your calendar for 10-15 minute activity breaks several times a day
- Consider if a lunchtime walk is possible a few days a week
- If you have children or grandchildren at home, plan a physical activity break to involve them

Sneak in physical activity

- Stand up to drink a glass of water
- Use work breaks to do a quick chore (Eg. walk to the mailbox, empty trash cans, etc.)
- If you are using a laptop, find a higher surface to allow you to occasionally stand while working
- Stand or walk around your house while on phone calls

Create a regular pattern of eating

- Whether you eat three meals a day, or five small meals - **stick to it!**
 - A regular pattern of eating, helps you stick to your health goals and weight loss progress

Meal preparation

- Even though you are not leaving the house, planning your meals and snacks for the week can help you stick to your progress
- Put your lunch in containers as if you were heading to the office. This will reduce the temptation to stray from your meal plan
- Portion out snacks, including the indulgent ones so that you are not eating out of large containers

Get back on track if you slip

- Slips are a normal part of lifestyle change
- During times of stress or uncertainty, it can be more challenging to stick with new routines and habits
- If you experience a slip follow these tips from the CDC curriculum:
 - Talkback to negative thoughts with positive thoughts
 - Ask yourself "what happened" so you can problem-solve
 - Take back control as soon as you can
 - Reach out for support
 - Focus on the positive changes you have made

Lifestyle Change from Home!

Accountability

- Continue or resume food and activity tracking. Writing down your food will help keep you aware of what and how much you are eating. Tracking your food will also help you notice patterns (*For example: when you are on long calls, you get the munchies* for) that you can strategize.
 - Remember – “*You bite it, you write it, you drink it, you ink it!*”
- Weigh yourself regularly and track your weight. If you do not have a scale, consider using a pair of pants as a baseline check-put that pair of pants on at least once a week to assess how they fit.
- Stay connected to your lifestyle change group participants. Reach out to your Lifestyle Coach and group participants for support and problem solving
- Set a weekly action plan around for working on new eating or activity habits
- Buddy up with a friend, colleague or Lifestyle Change group participant for regular encouragement and check-ins
- Put reminders of your “why”, your motivation for health in your work environment/home
- If you feel overwhelmed or stressed-reach out

Reminders

- You can do this!
- You have the support of your Lifestyle Coach and group!
- Lifestyle Change is paved with small steps!