STEPS TO BREAKING BAD EATING HABITS

BECOME MORE MINDFUL

Pay more attention to what you're eating and drinking. Read food labels, become familiar with lists of ingredients, and take notice of everything you put into your mouth. Try keeping a food diary to become more aware of what you're eating.

TAKE BABY STEPS

Making small changes to your diet and lifestyle can improve your health and trim your waistline

- Start each day with a nutritious breakfast
- Get 8 hours of sleep each night
- Eat meals while sitting at a table, without distractions
- Drink more water and fewer sugary drinks
- Eat a nutritious snack every few hours

BE REALISTIC

Don't expect too much from yourself too soon. It takes about a month for a new action to become habit. Set mini-goals to tackle each week that will eventually lead to major change. If your goal is to eat more vegetables, tell yourself you'll try one new veggie each week.

PRACTICE STRESS MANAGEMENT

Focus on dealing with stress through exercise, relaxation, meditation, or whatever works for you, so you don't fall into bad habits during times of stress or use food to hep you cope with situations.

MAKE A PLAN; BE SPECIFIC

How are you going to start eating more fruit and getting to the gym more often? Spell out your options. Plan to take a piece of fruit to work every day for snacks, and go to the gym on the way to work three times a week. Try to think about when and how you can fit your goals into your lifestyle.

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