



HEALTHY YOU

June 2009

UK Health & Wellness Program
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How to Make Healthy Eating a Habit



Creating new habits takes practice and requires conscious decisions. It's not always easy at first, but when your new decisions actually become habits, you won't even have to think about them any more!

Here are some tips for how to make healthy eating a habit:

- Pay attention to what you're eating and how much you're eating.
- Buy plenty of fruits and vegetables when you go grocery shopping. As soon as you get home, wash and cut them so they are easy to access.
- Keep "junk foods" out of the house and don't bring them home with you.
- Plan ahead for meals and snacks, and make them easy "to go" if necessary.
- Give yourself small goals and write them down on your calendar (example: "Eat two different vegetables today").

Say you want to begin making meals at home, instead of always hitting the drive-thru on the way to work or ordering in for dinner. This requires a few steps. You have to check what's in the fridge, stop at the grocery, prepare the food, do the cooking, set the table, and clean up. Each step requires motivation and there are a lot of opportunities to quit before dinner is ever made.

Try some of these tricks to help your motivation:

- Ask a friend to come by to plan and prepare healthy food with you.
- Promise yourself a reward for each action.
- Think hard about how you will feel if you do not do it.
- Remember why the habit is important — the long-term benefits.
- Tell yourself to at least get started.
- Make it easy or fun for yourself.
- Notice and acknowledge what is working.
- Look for the smallest improvements in your actions.

Some ideas adapted from Dr. Stephanie Burns' "Creating a New Habit."

— *Helen Moseley, R.D., Health & Wellness Program Liaison*

Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.

KNOWLEDGE + ACTION = WELLNESS



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Calendar

Join the Start! Movement

UK Health & Wellness and UK HealthCare are proud to partner with the American Heart Association's Start! Movement, an initiative to fight heart disease and stroke through physical activity. To join the 10-week summer challenge and win prizes, please visit www.uky.edu/HR/wellness/ukstart.html.

Farmers Market Bus Rides begin in July

We're going to the Farmers Market during lunch each Thursday in July, August, and September. The bus ride is free, and you can't beat the market for the freshest fruits and veggies. We'll pick you up, drive you to the market, wait 30 minutes while you shop, and get you back to work on time. For information on pick-up spots, please visit www.uky.edu/HR/wellness/farmersmarket.html

Quick & Healthy Recipe

Lime-Jalepeno Chicken

www.eatingwell.com

Tangy, mildly spicy and tender, this chicken is delicious with black beans and salsa.

1/4 cup lime juice (about 2 limes)
2 tablespoons canola oil
1 tablespoon white vinegar
1 teaspoon ground cumin
1/4 teaspoon salt
1 jalapeno, sliced
1-1 1/4 pounds boneless, skinless chicken breasts, trimmed of fat, tenders removed

1. Whisk lime juice, oil, vinegar, cumin and salt in a small bowl. Stir in jalapeno. Place chicken in a shallow baking dish and pour the marinade over it, turning to coat both sides. Cover and refrigerate for at least 1 hour, turning once, or overnight.
2. Preheat grill to high heat. Oil the grill rack (see Tip). Grill the chicken until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Let cool slightly; thinly slice crosswise. Serve warm or chilled.

Makes 8 servings, about 1.5 ounces each

Nutrients per Serving: 71 calories; 2 g fat (0 g sat, 1 g mono); 31 mg cholesterol; 1 g carbohydrate; 11 g protein; 0 g fiber; 46 mg sodium.

Quick Health Tip

Here are a few simple tips for sticking to a strength training plan:

- Change your routine often to avoid boredom and plateaus.
- Rotate through several exercises for each muscle group.
- Strength train for less than an hour each session.
- Don't work the same body parts two days in a row.
- Make a plan for the week ahead.
- Work out at a time you're less likely to be disturbed.
- Keep a workout journal.
- Find a workout partner.
- Remember, every little bit counts!

How We Can Help

For only \$7 a month (about the price of a fast food value meal), you can join Body Shop Fitness*. Members have access to two fitness facilities and a variety of Group Fitness Classes. For more information, please visit www.uky.edu/HR/wellness/bodyshop.

(*Available only to UK employees, retirees, and their spouses/sponsored dependents.)

The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

