



*Tip Sheet:*

# Quick Tips for Healthy Living

- \* Try not to skip any meals. Include a few healthy snacks for in between.
- \* Enjoy eating a variety of foods in moderation rather than worrying about which foods are good or bad.
- \* Try to eat lots of fruits and vegetables each day.
- \* Drink lots of water. It helps reduce fatigue and replenishes cells in your body.
- \* Try to limit how much caffeine you use, especially if you have troubling sleeping.
- \* Listen to your body's signals; it will let you know when you are full or hungry.
- \* Be more aware of the reasons you are eating: Are you really hungry? Or are you eating as a way to cope with negative emotions such as stress, anger, anxiety, boredom, sadness and loneliness?
- \* Use exercise as a way to deal with stress - walk, run, bike, hike. Start slow if it's a new activity.
- \* Check out your local HRM recreation centre for a range of fun options and programs.
- \* Try adding an extra activity throughout your normal day. Get off the bus a block from your usual stop and walking the rest of the way. Use the stairs instead of the elevator.
- \* Remind yourself that weight and shape are not the only way of evaluating your self-worth. Think of at least one other way you are a worthwhile, lovable, talented person who has something to offer the world.