

Health And Well-Being

Tips To Help You Build Healthy Habits

(NAPSA)—While more than two in three American adults are overweight or obese, there are things you can do to reduce your chances of struggling with your weight.

To start, try to consume healthier foods and beverages and get more physical activity. Doing so may lower your chances of developing diabetes, high blood pressure or other serious health problems. New health habits may also help you look better, feel more energetic and even be a role model.

The Weight-control Information Network (WIN) offers more tips to consider. According to WIN, a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health:

When You're Short on Time

- One day each week, make healthy meals that you can freeze and eat later when you don't have time to cook.

- Fit in physical activity whenever you can. Take the stairs if there are a reasonable number to climb. Get off the train or bus a stop early, as long as it's safe and your schedule allows.

When Money Is Tight

- Buy healthful foods in bulk, and choose frozen or canned fruits and vegetables.

- Start a walking group. Walk in places that don't cost money, such as a school track or park.

When It's Hard to Stay on Track

- Recruit others to be active with you. That may help you stay interested and be safe.



For many Americans, developing good eating and physical activity habits can help them get to and stay at a healthy weight.

Photo credit: The Yale Rudd Center for Food Policy & Obesity

- Think about your most important reasons for being healthy. Do you want to be there for your family? Would you like to be able to do the things you love without feeling tired or out of breath?

Learn More

You can get more good advice from WIN's "Changing Your Habits: Steps to Better Health" fact sheet. It reviews the stages of change people often go through on their journey to better health and offers tips for each stage. Contact WIN to get up to 10 copies for free. You can access the fact sheet at www.win.niddk.nih.gov/publications/changing-habits.htm.

For more information, call WIN at (877) 946-4627, visit www.win.niddk.nih.gov or "like" WIN on Facebook at www.facebook.com/win.niddk.nih.gov.