SET HEALTHY HABITS

Set healthy habits that are important to you as your baby’s role model. This will motivate you to make healthy changes. Do an activity as much as you can to set healthy habits. Your next goal can be anything you want! Here are examples from real moms:

- Walk every day so I can have the energy to crawl and walk with the baby.
- Walk a 10-kilometer charity event with my baby in the stroller.
- Walk 10,000 steps a little faster.
- Dance a whole Zumba class with my friends.

Do not stress over setting healthy habits. Feeling stressed can make it harder to set healthy habits. When you feel stressed you may crave foods that have a lot of fat and sugar. Too much stress releases excess cortisol (a hormone), which causes you to gain weight. Follow these tips to set new healthy habits:

1. **WORK IT INTO YOUR DAY** – the more you move, the more health benefits. Cleaning is also a way of being active! Do not forget to wear your pedometer.

2. **PICK A GOOD TIME** – try to be active when you are the least busy and when you have the most energy.

3. **BE ACTIVE WITH THE BABY** – it is a great way to bond with the baby! If you have other kids, take them to the park and play on the playground with them.

4. **SET A GOAL** – pick a target to work towards. Other great tips include:

   - Ask friends to join you
   - Make it fun
   - Reward yourself

**TIPS OF THE WEEK**

- Set goals and healthy habits to stay motivated to be active.
- Set healthy habits that are important to you as your baby’s role model.
- Walk 10,000 steps each day.
WEIGHT WATCHERS – HOW TO MAKE EXERCISE A HABIT

10 EXCUSES FOR NOT EXERCISING, AND WHY THEN WON’T FLY
health.usnews.com/health-news/diet-fitness/fitness/slideshows/fitness-excuses/2

GETTING STARTED WITH PHYSICAL ACTIVITY FOR A HEALTHY WEIGHT
cdc.gov/healthyweight/physical_activity/getting_started.html

WEIGHT LOSS SUCCESS STORIES
cdc.gov/healthyweight/success/index.html

HEALTH EFFECTS OF OVERWEIGHT AND OBESITY
cdc.gov/healthyweight-effects/index.html

HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?
cdc.gov/physicalactivity/everyone/guidelines/index.html

APPS:

COACH.ME
https://www.coach.me/

IRUNRUN
irunurun.com

GOALS ON TRACK
goalsontrack.com

NOZBE
nozbe.com

MY HEALTHY HABITS
iuhealth.org/healthyhabits/

FITOCRACY
fitocracy.com

BLOOM
mindbloom.com/bloom

CHARITY MILES
chariymiles.org

NEXERCISE
nexercise.com
BLOGS:

THE HEALTHY HONEY’S – 10 HABITS TO MAKE EXERCISING EASY
thehealthyhoneys.com/make-exercise-easy/

HOW SIMPLE HABITS CAN CHANGE YOUR LIFE
tinybuddha.com/blog/simple-mini-habits-can-change-life/

HEALTHY HABITS BLOG
healthyhabitsfitness.com/blog/tag/resolutions

VIDEO

HOW TINY CHANGES CAN HELP YOU FORM HEALTHY HABITS
vimeo.com/78626385

REFERENCES:


