

Live Well, Move More

No matter what your current weight or health condition is, being active will give you a better quality of life.

Why is being active important to me?



Be there for friends and family



To do things I love to do



Have joy and happiness



Improve sleep



Avoid chronic illness



Maintain healthy weight

What do I choose to do?

Move more

Moderate

Breathing a bit harder but still able to talk



Brisk walking



Easy cycling



Playing catch

Vigorous

Breathing fast and cannot easily talk



Running



Fast cycling



Playing basketball

How much?

Moderate **150 minutes per week** or Vigorous **75 minutes per week**

That's about **30 minutes on most days** x2 OR a mix of both

To lose weight, get twice as much activity

Build

Strength



Weight lifting



Doing pushups or squats



Doing heavy chores

Balance



Dancing



Practicing yoga



Doing martial arts

How much?


2 days per week

Activity tips:

- None is bad, some is good, more is better.
- Start small and build up a little at a time.
- Just 10 minutes at a time is enough to benefit you.

Sit less

Limit

TV, computer, and other screen time 



How much?



Less than 2 hours per day (outside of work or school)

Break up sitting time

Every 20–30 minutes stand up and move around for **2–3 minutes** (even at work)

You Can Learn to Move More

To make new daily routines, you need to **experiment** to find what works best for you.

Pick something you want to do now

I want to try:

Be honest with yourself about what you are really ready to work on.

You'll learn by what works for you by trying and creating your own formula. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

Connect this step to a prompt or reminder.

Prepare

What resources could help? (*Time? Gear? A class?*)

Who will support you? (*A friend? A family member? A fitness professional?*)

What changes to your environment would help? (*Keep workout bag packed?*)

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

What will inspire you to keep going and have fun?

2 Act and Track. Try out your step for a defined period.

Start date: _____ How will you keep track of what you do? _____

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

What will be your next small step? _____

Be sure to celebrate what you did and what you learned!

Keep trying and learning!

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Live Well, Eat Well

Eating right can be easier when you focus on good daily habits.

Why is eating well important to me?



Increase energy



Improve your mood



Do things I love to do



Avoid chronic illness

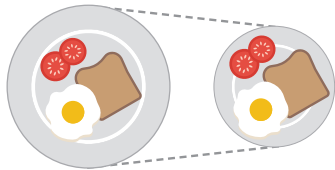


Maintain healthy weight

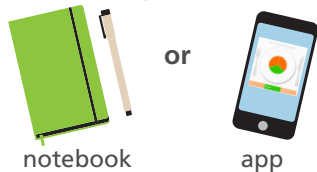
What do I choose to do?

Enjoy your food just eat less of it

Use a smaller cup, bowl, and plate



Keep track of how much you eat and how you feel



Pay attention Don't eat in front of a screen or out of the bag



Limit sugar

Cut out sweetened drinks



Drink water instead



Avoid sugary desserts



Have fruit, cheese, or nuts instead



Avoid processed, fast & junk foods



They often have hidden sugars, fats, and salt

Have fresh food instead



How you eat helps

- Enjoy meals with friends and family
- Enjoy every bite
- Stop before you're full



Eat more fruits and vegetables

Aim for 5 to 10 servings every day



Fill half your plate with fruit and veggies

Include protein at every meal, including breakfast

Other healthy foods

- Whole grains
- Lean meats and fish
- Nuts, seeds, beans



You Can Learn to Eat Right

To learn to eat right, you need to **experiment** to find what works best for you.

Pick something you want to do now.

I want to try:

Be honest with yourself about what you are really ready to work on.

You'll learn by what works for you by trying and creating your own formula. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

Connect this step to a prompt or reminder. (Keep fruit on the counter where you'll see it?)

Prepare

What resources could help? (Time? Recipes? Menu?)

Who will support you? (Family member? Dietitian?)

What changes to your environment would help? (Remove sugary foods and drinks from your home?)

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

What will inspire you to keep going and have fun?

2 Act and Track. Try out your step for a defined period.

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Live Well, Stress Less

Stress is your body's way of responding to a challenging situation. You can't entirely avoid stress, but you have more control over it than you may think.

Why is managing stress important to me?

Have more peace of mind	Sleep better	Enjoy time with others	Be more productive	Be more optimistic and grateful	Be happier

What causes stress — and how do I recognize it?

Short-term (acute) stress

A brief situation like a traffic jam— You may sweat, clench your teeth, or yell.



Long-term (chronic) stress

An ongoing situation like money problems or family conflict— You may feel out of control, unable to concentrate, or tired all the time.



Proven ways to help manage stress

Focus on things you can control.

Daily self-care

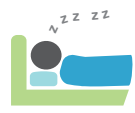
Your body



Be active



Eat well



Sleep well

Your mind



Meditate



Take time to relax



Connect to your life purpose

Learn skills

What skills would help you manage your stress?

Examples:



How to **manage time** or **money**



How to **resolve conflicts**



How to **move** from worry **to action**

Get support



Be with people who support you



Learn from others



Ask for help

Call 2-1-1 to be referred to a person or agency for help.

You Can Learn to Manage Stress

Focus on what you can control and make a plan.

Pick something you want to do now.

I want to try:

Be honest with yourself about what you are really ready to work on.

Now set up an experiment to learn what works for **you**. You'll learn by trying and creating your own formula. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

Connect this step to a prompt. *(When will you do this within your day?)*

Prepare

What resources could help? *(Time? Money? A class?)*

Who will support you? *(A friend? A support group? A counselor?)*

What changes to your environment would help?

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

What will inspire you to keep going?

2 Act and Track. Try out your step for a defined period.

Start date: _____ How will you keep track of what you do? _____

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. How did that work? You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

How will you adjust your next step? _____

Be sure to celebrate what you accomplished and what you learned.

Keep trying and learning

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