Additional thoughts

- Reduce the size of bowls and plates
- Physical activity is also extremely important
- Decrease consumptions of sugar-sweetened beverages
- Leave bowls of fruit in plain sight (on the counter)

References:

Visit these websites for more information on Obesity and Chronic Disease Prevention

https://www.choosemyplate.gov/
https://www.cdc.gov/obesity/
http://www.heart.org/HEARTORG/HealthyLiving/WeightManagement/Obesity/Obesity-Information_UCM_307908_Article.jsp#.W0VavthKiAw

Healthy Defaults and Obesity

Steps to Living to be a Better You

All photos courtesy of Pixabay
What are Healthy Defaults and who can they help?

They are healthier “default” or alternative option to the norm.¹

Healthy defaults can be utilized by people who are at risk for becoming obese or who have a family history of obesity and/or chronic diseases

How can Healthy Defaults be used?

These defaults can be used in order to help make healthier choices easier.

This means that at a time when you would typically make a poor health choice, you would instead want to make a better choice.

Obesity

It is important to recognize that obesity is risk factor for multiple disease states that include:

- Hypertension
- Type II diabetes
- Inflammatory states

These area associated with an increased risk for multiple chronic diseases including several types of cancer.²,³

Obesity and overweight are highly associated with premature death.⁴

Prevention is critical because obesity and the diseases associated with it are difficult to treat.⁵

Now it’s time to answer the biggest question.

“Where to start?”

Start in your home!

- Remove all of the unhealthy foods from your home
- Always keep healthy snacks with you when you are on the go
- Park your car farther away from the store or office
- Walk to school or the office in the direction that avoids the soda and vending machines.