



What is a Healthy Default?

Do you find yourself making poor health choices? Even when you are actively trying to implement a healthier lifestyle?

Default choices or behaviors are the choices that we make each day that are the most convenient. These choices are made based on immediate rewards and don't take long-term impacts into account. ¹

As humans we often make the easiest choice every day, even if we know that it is not the healthiest decision.

Change Takes Time

- Practice, Practice, Practice!
- Remember, no one is perfect and you will make mistakes. That is okay! Get back on track and move forward.
- Keep a positive mindset. Change won't happen immediately, but in time you will see your hard work pay off.

References

1. Center for Science in the Public Interest, 2018.
2. Centers for Disease Control and Prevention, 2018.
3. Morrow CB, 2018.
4. Giesen JCAH, Geyskens K, Goukens C, Havermans RC, 2013.
5. James L, 2014.



CREATING HEALTHY CHANGE

Easy Adjustments to Create Success in Your Health Journey



Trying to Make Healthier Daily Choices?

- **Approximately 93.3 million adults in the US struggle with obesity everyday.** ²
- **Common conditions related to obesity include heart disease, stroke, type 2 diabetes and cancer.** ²
- **Many of these are preventable with improved nutrition and physical activity.** ²

Creating new habits and healthy defaults can be difficult. Here are some simple changes to make over time that will help you to develop a healthier lifestyle. ²⁻⁵

Choose one or two new strategies and see if they work for you. If they do, continue to make small changes.

Simple Everyday Changes

- Keep water handy, sip from a refillable bottle throughout the day to keep yourself hydrated.
- Make a grocery list prior to going to the store and stick to the list.
- Pre-portion snack foods and meal prep/menu plan on the weekends. ⁴
- When eating high calorie foods, measure out one serving and put the rest away.
- Keep healthy snack options handy in the front of the fridge or closet.
- Use smaller plates.
- Drink water before meals to help keep you full.
- When eating out, ask for a box at the beginning of your meal. Divide your food in half to bring home.
- Put the phone away- eat at the table with family and friends. Minimizing distractions can help you eat slower and enjoy your food more.
- Park further away. When at the store and work, park further from the entrance. ^{4,5}



- Bring lunch and snacks from home to work. This helps you know what you are eating and control you intake.
- Take breaks. Go for a walk around the office whenever possible. ^{4,5}

Remember You Don't Have to Do This Alone!

- Share your goals with family and friends
- Find an accountability partner. This is someone who can help you stay on track and keep you motivated.