

MI HEALTHIER TOMORROW TO-DO LIST

- Call your doctor and make an appointment
- Know BMI and weight, blood pressure, cholesterol and blood sugar numbers
- Set reasonable goals and non-food rewards
- Take your starting measurements
- Fill your water bottle and drink up
- Clean up your pantry and fridge
- Find some new healthy recipes
- Plan your meals and snacks for the week
- Grocery shop for healthy foods
- Read labels
- Go outside for a 20-minute walk
- Plan exercise for the week
- Find a work-out buddy
- Eat at the table with TV off
- Experiment with spices and herbs
- Practice portion control
- Eat 5 small meals a day
- Keep a food journal – write down what you eat and drink, the time and how you're feeling
- Envision what losing 10% would feel like
- Ask friends and family for support

