

SET HEALTHY HABITS

Set healthy habits that are important to you as your baby's role model.⁵ This will motivate you to make healthy changes.⁶ Do an activity as much as you can to set healthy habits.^{3,4} 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 to stress over setting healthy habits. Feeling stressed can make it harder to set healthy habits³. When you feel stressed you may crave foods that have a lot of fat and sugar.^{1,2} Too much stress releases excess cortisol (a hormone), which causes you to gain weight.^{1,2} Follow these tips to set new healthy habits:⁷⁻⁸

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.

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:⁶⁻⁸
 - Ask friends to join you
 - Make it fun
 - Reward yourself

WEIGHT WATCHERS – HOW TO MAKE EXERCISE A HABIT

https://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=48801&sc=3040

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

charitymiles.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

24 DAILY HABITS

thechangeblog.com/24-daily-habits/

USDA – SETTING THE STAGE FOR HEALTHY HABITS FROM DAY ONE

blogs.usda.gov/2013/03/06/setting-the-stage-for-healthy-habits-from-day-one/

HEALTHY HABITS – A VIDEO FOR MOM AND KIDS

contentdev.sesameworkshop.org/web/street/parents/topicsandactivities/toolkits/healthyhabits

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2. Stoopler MC & Sheil WC. Stress, hormones, and weight gain. Retrieved from <http://www.medicinenet.com/script/main/art.asp?articlekey=53304>
3. Skloot R. Why is it so damn hard to change? *O, the Oprah Magazine*, November 2007.
4. Lally P, et al. Healthy habits: efficacy of simple advice on weight control on a habit-formation model. *International Journal of Obesity* 2008;32:700-707.
5. Cobb-Clark DA, et al (2012). Healthy habits: the connection between diet, exercise and locus of control. *Forschungsinstitut zur Zukunft der Arbeit*, No. 6789.
6. Skarnulis L (2010). Women's Health: 10 easy ways to make exercise a habit. Retrieved from <http://www.webmd.com/women/features/exercise-habits>
7. Centers for Disease Control and Prevention (2011). Getting started with physical activity for a healthy weight.
8. Lawrence A (2014, July 10). Five tips to get into the habit of working out. Retrieved from <http://notnowmomsbusy.com/five-tips-get-habit-working/>