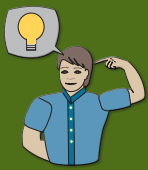
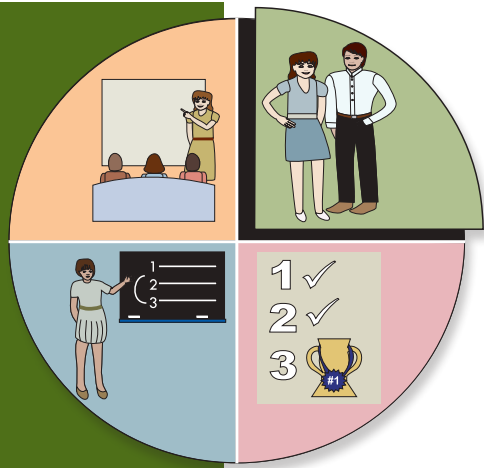
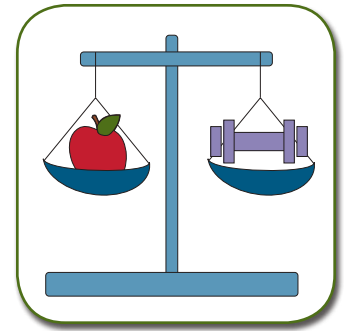


# TAKING CARE OF YOURSELF

## Being Healthy



### THINK

#### Set the Goal

Think about how to be healthy so you are active and doing more things you want.

### PLAN

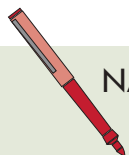
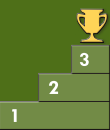
#### Take the Steps

Create a way to eat better food and get exercise.

### DO

#### Make it Happen

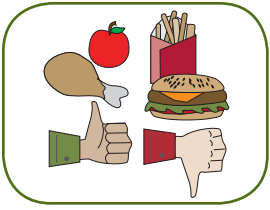
Make good food choices, do safe exercises and keep track of your successes.



NAME



# Nyron's Story



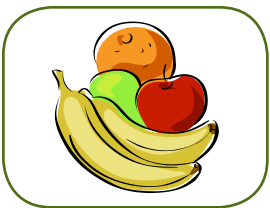
**THINK:** Nyron wanted to be healthy and do many things in his community. He wanted more energy and be in charge of himself. Nyron knew good eating and watching his sugar and cholesterol helps. He also wanted new ideas from his life coach and doctor about being healthier.

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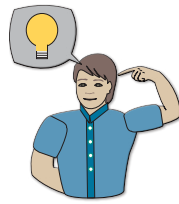
**PLAN:** Nyron decided what healthy foods to eat and what to stay away from. He thought about what exercises he could do safely. Nyron knew keeping track would help remind him. He got help making a chart to show his blood sugar and cholesterol. Nyron asked for support from his doctor and life coach so he could monitor his success.

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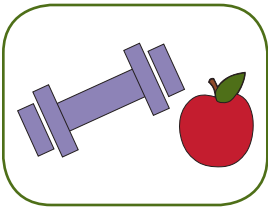
**DO:** Nyron started eating healthy foods. His exercises built strength in his body. He felt better and lost weight. Nyron also watched his blood sugar and cholesterol levels carefully. He got stronger and felt in more control of his health. He began to show others how to improve their health.

# Setting the Goal



## THINK

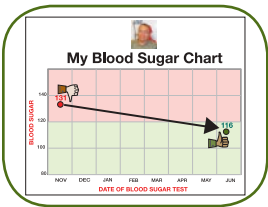
My health: How do I want to feel?



Being healthy, I can do these activities:



My healthy living goal is:



New choices I can make:



Better food \_\_\_\_\_

New exercises I can try \_\_\_\_\_

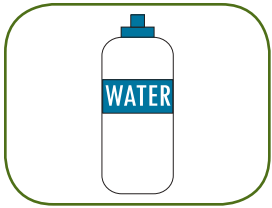
\_\_\_\_\_

# Taking the Next Steps



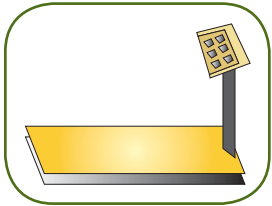
## PLAN

Better food choices:



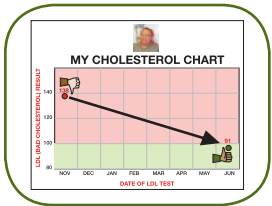
- Eat more \_\_\_\_\_
- Eat less \_\_\_\_\_
- Drink more \_\_\_\_\_
- Drink less \_\_\_\_\_

Exercises I can do:



1. \_\_\_\_\_
2. \_\_\_\_\_

Being healthy in other ways:



1. \_\_\_\_\_
2. \_\_\_\_\_

What do I need to learn?




- Thinking positive.
- Being Patient.
- Listening before acting.
- Accepting advice.
- Being kind to myself.
- Speaking my mind.

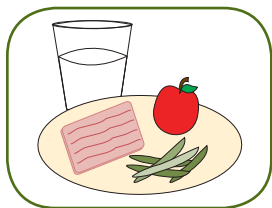
# Making It Happen



I will start my plan on:

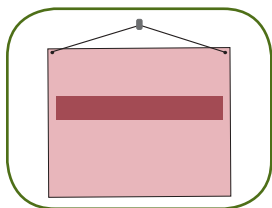
 Date \_\_\_\_\_

My food choices:



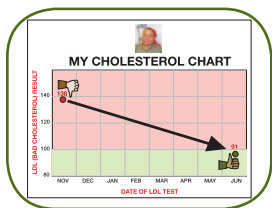
Eat less  Drink less  
 Eat more  Drink more

My exercise schedule:



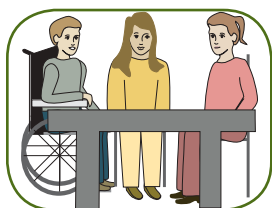
Exercise #1 \_\_\_\_\_  
Days \_\_\_\_\_ Time \_\_\_\_\_  
 Exercise #2 \_\_\_\_\_  
Days \_\_\_\_\_ Time \_\_\_\_\_

Make a chart to keep track of:



Food  Exercises  
 Blood sugar  Cholesterol

I will get support from:



Friend  Family  Support Person  
Name: \_\_\_\_\_