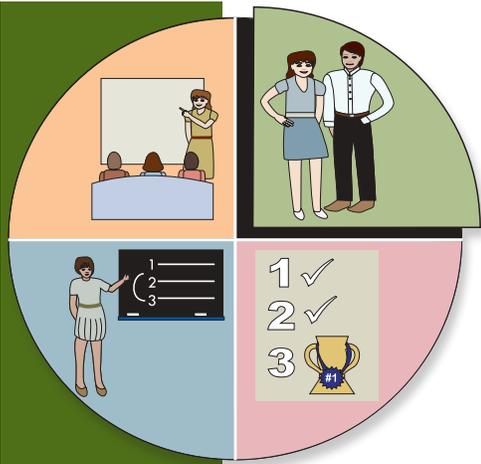
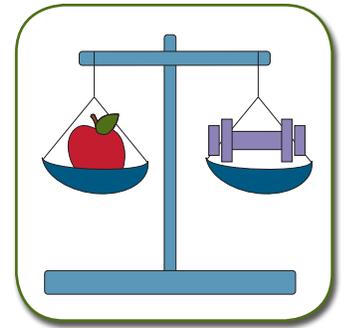


TAKING CARE OF YOURSELF

Being Healthy



THINK

Set the Goal

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

PLAN

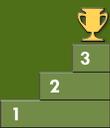
Take the Steps

Create a way to eat better food and get exercise.

DO

Make it Happen

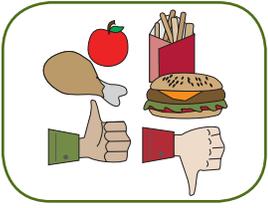
Make good food choices, do safe exercises and keep track of your successes.



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.

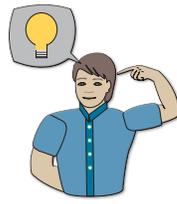


PLAN: Nyron decided what healthy foods to eat and what to stay away from. He thought about what exercises he could do safely. Nyron knew keeping track would help remind him. He got help making a chart to show his blood sugar and cholesterol. Nyron asked for support from his doctor and life coach so he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



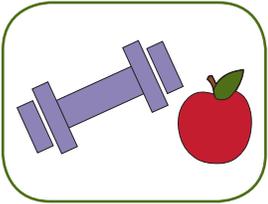
DO: Nyron started eating healthy foods. His exercises built strength in his body. He felt better and lost weight. Nyron also watched his blood sugar and cholesterol levels carefully. He got stronger and felt in more control of his health. He began to show others how to improve their health.

Setting the Goal



THINK

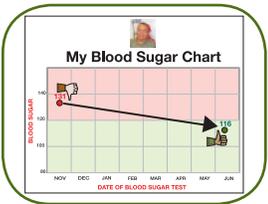
My health: How do I want to feel?



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



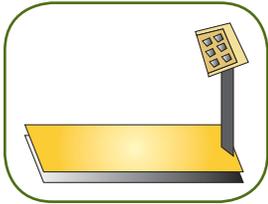
PLAN

Better food choices:



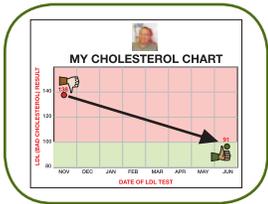
- Eat more _____
- Eat less _____
- Drink more _____
- Drink less _____

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.

