



Healthy Living Guidelines

by Francie M. Berg

ENJOY LIVING ACTIVELY

- Be active your way, every day
- Move for the sheer joy and power of it; moving feels good
- Celebrate activity as a natural part of your life, for good times spent with nature, family and friends
- Your body regulates better with daily activity — hunger and fullness send clear signals
- Enjoy the benefits — improve health; increase energy, strength, endurance, bone mass and resistance to illness; sleep better; relieve stress
- Take time to care for yourself — add years to your life and life to your years
- Fitness not weight is the key to longevity
- Be creative — enjoy movement through the day
- Share the benefits; share the fun!



ENJOY EATING WELL

- Take pleasure in eating; think of food as a friend — taste, savor, enjoy, celebrate
- Normalize eating with a stable, diet-free lifestyle
- Eat at regular times, typically three meals and one or two snacks to satisfy hunger
 - Listen to your body — tune in to inner signals of hunger and fullness
 - Meet your body's nutrient and energy needs; enjoy all five food groups — grains, fruits, vegetables, meat and alternates, milk and dairy
 - Enjoy variety; learn to like new foods
 - Tailor your taste toward foods moderate in fat, sugars, salt; however, all foods can fit
 - Enjoy home cooking and meals with family and friends



RESPECT YOURSELF AND OTHERS

Celebrate and enjoy your unique self • Relax and relieve stress in your life • Take time for yourself every day
• Identify and build on your strengths, talents, special traits and interests • Make peace with your genetic blueprint • Accept your appearance, size and shape • Like yourself and others regardless of what's not

perfect • Think critically of media messages that portray unrealistic standards or suggest happiness is based on appearance • Celebrate diversity • Recognize that size prejudice hurts us all • Beauty, health and strength come in all sizes • Be flexible, go with the flow • Trust your ability to make choices for better health • Make



lifestyle changes gradually, one step at a time, small changes you can live with • Take what works for you, leave the rest • Nurture yourself and experience enhanced self-esteem • Wear clothes you like that fit comfortably and look good now • Live in tune with your body • Use positive language: think of joy, self-discovery, respect, appreciation, healing, adventure, freedom, fun, celebration • Focus on the big picture of health and well-being

“I can if I choose”



***Choose healthy living for
the 21st Century!***

Shifting to the Healthy Living approach as defined in these guidelines opens up positive behaviors and attitudes that support health, wholeness and well-being. Healthy Living encompasses active living and normal, diet-free eating, emotional and spiritual well-being, and supportive relationships.

This handout was developed by Frances M. Berg, MS, based on her writings, as well as Vitality of Health Canada, the HUGS program, and work by dietitians Ellyn Satter, Linda Omichinski, Karin Kratina, Dayle Hayes, Nancy King and Gail Marchessault. Copyright 2008, 2006, 2000, by Frances M. Berg. All rights reserved. The author permits use of this feature as a handout or in nonprofit newsletters for educational purposes, provided it is reproduced in its entirety with this citation. Written permission is required for use in books or publications for sale. Healthy Weight Network, 402 South 14th Street, Hettinger, ND 58639 (701-567-2646; fax 701-567-2602), www.healthyweight.net