



## PHYSICAL ACTIVITY

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**Goal:** Accumulate at least 150-300 minutes per week of moderate intensity physical activity or 75-150 minutes per week of vigorous intensity physical activity (or a combination of the two). Include strength training 2 or more days per week

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### Basic Guidelines:

Include aerobic activity (aka cardio) and muscle strengthening exercises.

### Aerobic Activity

Move more and sit less. Some physical activity is better than none. Should be spread out throughout the week.

### Strength Training

Do muscle strengthening activities that involve all major muscle groups on 2 or more days a week, non-consecutive days.

Generally, 2 sets of 8-12 repetitions for each exercise is recommended



## NUTRITION & HYDRATION

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**Goal:** Create 2-3 balanced meals per day. Add 1-2 paired snacks each day as needed to satisfy or avoid hunger. Drink water and avoid sugar sweetened beverages; aim for 104 oz./day for men; 72 oz./day for women

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### Basic Guidelines:

Follow the [Harvard Healthy Eating Plate](#) (see page in this booklet).

Include protein or fat in paired snacks

Consider **fatigue or headaches** as possible dehydration

Use the status (color/smell) of **urine** to guide adequate hydration

Set a **fluid goal**



## STRESS MANAGEMENT

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**Goal:** Reduce the feelings of stress in your body

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### Basic Guidelines:

Increase awareness of stress, take steps to reduce the feelings of stress in your body by evoking a relaxation response.

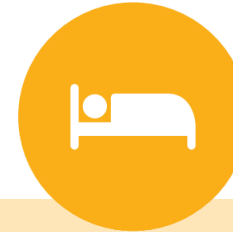
The following practices have been shown to be effective:

**Physical activity**  
**Breathing exercises**  
**Creative expression**  
**Spend time in nature**  
**Meditation or yoga**  
**Talk** with a friend, or other positive social interaction  
Genuine **laughter**



# 5 Core Healthy Habits

..... **Goals and Guidelines** .....



## SLEEP

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**Goal:** Get 7-9 hours/night

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### Basic Guidelines:

Focus on **sleep quality and sleep duration**

Create a consistent **sleep routine**

Practice **good sleep hygiene**



## SOCIAL SUPPORT

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**Goal:** Connect and engage with people who share your Healthy Habits values

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### Basic Guidelines:

Evaluate and identify people in your life who share and/or support your health-related goals.

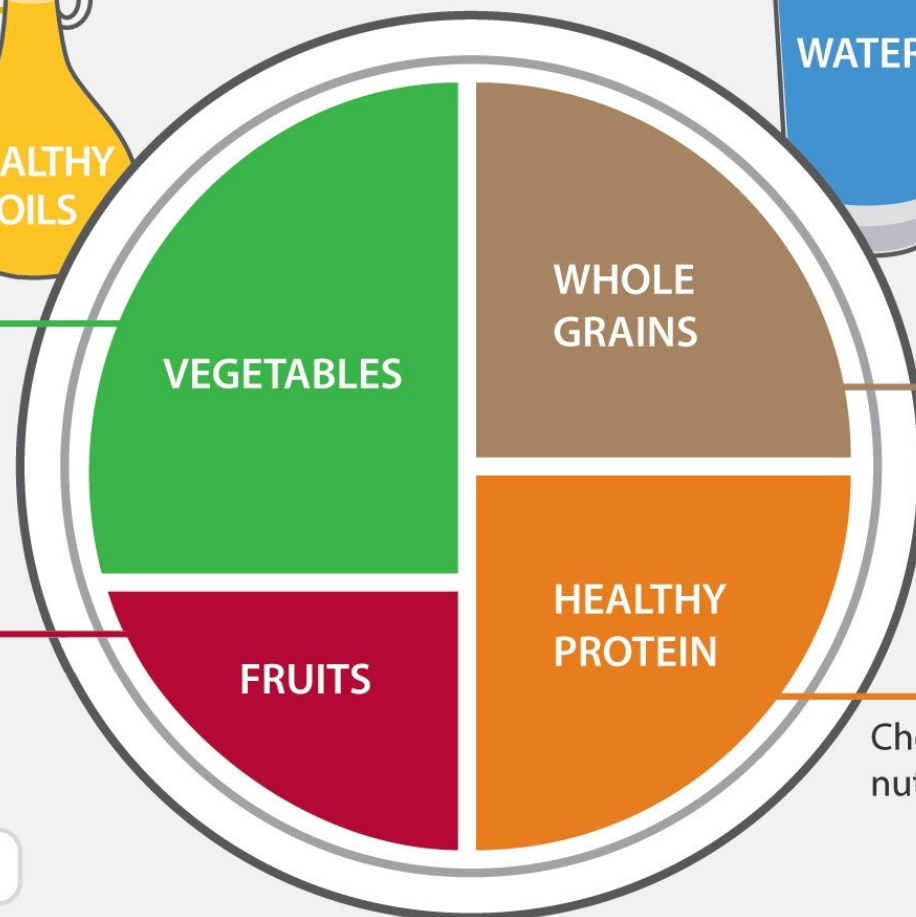
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



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Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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### How can I become more mindful of what I am eating?

Research has shown that making small changes to our daily habits, that increase our awareness of what we are eating, can directly lead to weight loss. Here are some solutions that can help increase your awareness, and avoid mindless eating.



#### POSSIBLE SOLUTIONS

- Only eat in the kitchen/dining room and at the table.
- Serve portions to a plate or container - don't eat out of the bag, box, carton, etc.
- Use smaller plates and taller glasses.
- Don't buy the high calorie/processed foods - if they are in your home keep them out of sight.
- Make the time to eat slowly, and without multitasking or electronics -TV, phone, etc.
- Do not stockpile - avoid buying in bulk.
- Maximize volume/minimize calories by filling half your plate with veggies and drinking water.
- STOP! Ask yourself if you are truly hungry or if one of the culprits above is at play.
- Plan your meals and snacks each day - have healthy paired snacks prepped and ready.
- Practice ways to say no, and don't be afraid to throw food out - don't allow yourself to consume it to "save" it from the trash!



#### MY PLAN

**How have you overcome mindless eating in the past and/or how could you improve on this going forward?**