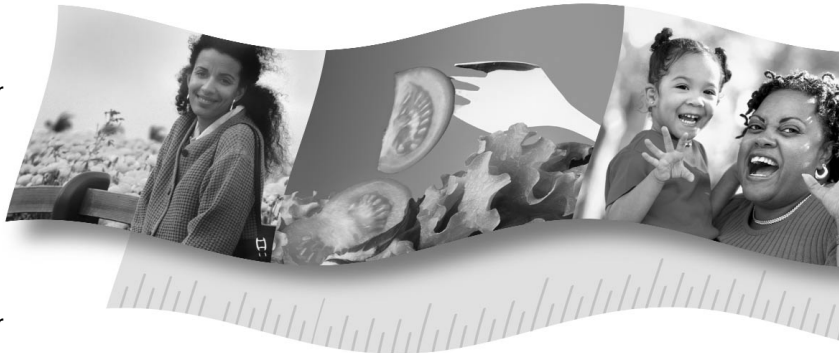


Self-Assessment

Quiz *How healthy are your habits?*

- 1. Even when I am trying to lose weight, I still eat a wide variety of all types of foods.**
 Always Sometimes Never
- 2. I am happy about the way I look.**
 Always Sometimes Never
- 3. I try to do at least 30 minutes of physical activity on most days.**
 Always Sometimes Never
- 4. I try to eat at least 5 servings of vegetables and fruit, plus 5 servings of grain products each day.**
 Always Sometimes Never
- 5. I buy clothes that fit well and feel comfortable.**
 Always Sometimes Never
- 6. I try to build physical activity into my day by taking the stairs instead of an elevator or walking to the store instead of driving.**
 Always Sometimes Never
- 7. I stop eating when I feel full, even if my plate is not empty.**
 Always Sometimes Never
- 8. When I feel stressed out, I try not to take comfort in food.**
 Always Sometimes Never
- 9. I make an effort to be physically active with my family or friends at least once a week.**
 Always Sometimes Never
- 10. I try to reserve some time for myself every day.**
 Always Sometimes Never



Healthy Measures

Be active • Eat well • Be yourself



How did I do?

This quiz provides an opportunity for you to measure how you are doing today... then set realistic goals for tomorrow. If you answered “always” to most questions, congratulate yourself for being well on your way to good health. However, if you answered “sometimes” or “never” to some questions, set your own personal goals to change your health habits – one small step at a time.

Listen to your body for hunger and fullness, energy levels and balance. If you don't meet some of your eating or activity goals today, forget about it and don't feel guilty. Carry on with your goals tomorrow. Create an opportunity to succeed every day.

1. While there are many fad diets that recommend eliminating certain types of foods (e.g. carbohydrates or sugar), the weight loss is rarely permanent. Eating a variety of foods ensures that you are getting the vitamins, minerals and other nutrients you need for good health. Eliminating certain types of foods can affect your metabolism, possibly leading to weight gain and long-term health problems.

2. Healthy bodies come in different shapes and sizes and it's important for you to feel good about your own size and appreciate your body. The body images shown in the media and in advertising do not represent reality. **You** are reality and your health decisions (both physical and emotional) will have an impact on your overall health and body image. As you make small changes in your lifestyle, you will feel more positive about yourself.

3. Slowly increase the amount of time you are active. Start by

adding 10 minutes each day and build up to 30 minutes a day or more as part of your regular routine. Being physically active for 30 minutes a day will set you on the road to becoming healthier.

4. Nature's versions of low fat foods – vegetables, fruit and whole grain products – are high in fibre, which will help you feel full and satisfied. They are a great alternative to high fat, high calorie snack foods. Bring healthy “to go” snacks for smart snacking wherever you are.

5. Buy clothes that you enjoy wearing to make you feel great! Don't judge yourself by the size on clothing labels or let numbers control your happiness. Feel good in your own size.

6. Anything you do to become more physically active – walking, housework, taking the stairs – can help make you healthier. Every bit counts. Start slowly. Once you have reached a level of activity you are comfortable with, increase

it slightly until you reach at least 30 minutes each day.

7. Don't feel you have to clean your plate. It takes 20 minutes for your brain to receive the signal from your stomach that it is full. Slow down, take the time to enjoy your food and save the leftovers for another meal.

8. Life is full of stressful events that may lead you to seek comfort in foods that are often *large* in portion size and *low* in nutrients. Look for other ways to relieve stress – take a walk, breathe deeply, talk to a friend or take a long bath.

9. Walk, cycle or skate around the park. Swim at the local recreation centre. Look for opportunities to combine health and family activities for a better life.

10. Try for a balance of home, work and relationships in your life that includes time for yourself, even if it's only 15 minutes. Make yourself a priority.

Healthy Measures

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