

# Scale Back on Rigid Diets During Healthy Weight Week

The New Year is still new, but do you want to throw the scale out the window or into the trash already? Healthy Weight Week starts January 19th to help people remember that the benefits of a healthy lifestyle aren't just about a number on a scale or a BMI chart.

**While most diet plans end in failure, Healthy Weight Week is a time to set aside the plans that can cause burn out and frustration, be happy with yourself and set yourself up for success. Making small changes to your lifestyle and incorporating good habits can help you lose or maintain a healthy weight.**

## How to build healthy eating habits that stick:



Add one vegetable or fruit to every meal



Eat a salad instead of fast food a few times a week



Celebrate this week with a potluck with friends, family or coworkers that include delicious, healthy dishes

## Reach your physical activity goals:



Find 5 to 10 minutes at work each day to help you reach your 30-minute daily goal



Physical activity isn't about being stuck in a gym - explore and find an activity you enjoy



Be positive about yourself