

Leave

Your
EXCUSES

at the 
Door

**MY
FEET
HURT**

**I NEED
MORE
SLEEP**

**NO TIME
TODAY**

TOO LATE

**I AM
TIRED**

**NEED TO DO
ONE THING**

**I NEED
CUPCAKES
FOR SCHOOL**

Testimonials

Before Hip Replacement, the only exercise I did was to lift my fork. As a result I blossomed to over 250 pounds. After surgery, as part of my Rehabilitation program, I was told to walk at least 30 minutes a day. It wasn't easy in the beginning, but the more I walked the better I felt. After three months I was amazed to discover I felt good.

I continued to walk 15 min in the morning and evening. In bad weather I just walk around the dining room table. I don't have a treadmill. While walking I can plan my day, listen to music, or even talk on the cell phone. This is the age of multi-tasking. continue to lose weight and feel good. Do yourself a favor-walk.

Megan -Cass Co Extension Homemaker

The time came when I could no longer put off taking charge of my health. My blood pressure was high. I was gaining weight, my energy was not what it used to be, and I was not sleeping. I began to worry about where my unhealthy life style was taking me. Taking charge and doing some research helped me to make some decisions to change what I was eating and my "Couch Potato" life style. I began to eat more Fruits and Vegetables, look at what was in my food with regards to Salt and Fats. After six weeks of walking each day I began to see a difference. Now seven months later I have lost 30 pounds , sleep better and have a better attitude. My blood pressure is at near normal levels. I walk each day with no excuses giving me time to spend with my Wife, reconnecting and talking about our day. I now have more energy to play with my grandchildren too.

Ray -Miami County

FOCUS ON THESE



Purpose:

Create healthy habits
For you & your Family



Activites:

Walking

It does not have to be planned

Mix the batter by hand

It burns Calories

Walk the Dog (s)

Let him walk you!

Hula Hoop

Knees, Hips, & Arms get a work out

Do the Bunny Hop

Do things with a “Buddy”

Park at the end of the Parking Lot

No Dings in the Car



SUGGESTED RESOURCES

“INShape Indiana Starts at Home with IEHA”

www.iehafamilies.org

www.in.gov/inshape/challenge

National Volunteer Organization Network

www.NVON.org

Hula Hoop

www.hoodaloop.com

Edinburg, IN

Silver Sneakers Program

Medicare approved

Supplement

Local Extension office or

Health Department



NUTRITION:

Colorful Plates

Small Plates= smaller portions

Nutrition nourishes your Joints

Go Bananas for Fruit

Drink water!



Activities:

Jump Rope

Toss the Ball

Exercise your brain

Do a Hula Hoop

Take the Stairs



Encouragement:

Do Activities together

Count your Blessings

Work on your Bucket List

Be accountable with a “Buddy”



Laughter:

Think Positive thoughts
Laugh away your Worries
“Never Laugh at Someone’s Dream
Laughter helps make the Medicine go
down!
Watch Cartoons!



Wellness:

Positive Attitude
Control Stress
Challenge your Mind
 Sudoku crossword puzzles
Deep Breathing (helps gas)
In line at the Grocery Store raise up on
your toes and repeat as tolerated



Have Children choose Activities:

Board Games
The Wii
Riding Bikes
Do a Puzzle
Fly a Kite!



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Website
www.ieha-families.com

County Label

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