

# MAINTAINING HEALTHY HABITS: THE TOP 5 THINGS TO PLAN FOR

## PLAN YOUR MOVEMENT

It is so important to plan your exercise for the week ahead! [The national recommendation is 150 minutes/week of moderate to vigorous physical activity.](#) Schedule your workouts in your calendar as appointments you won't cancel. When you have a solid plan in place you are less likely to skip out on your physical activity.



## PLAN YOUR MEALS

Plan your meals for the week ahead. A great place to start is by mapping out each meal of the day for the week. This can also include meal prepping breakfasts, lunches, and healthy snacks so they are ready to grab right out of the fridge. Planning dinners that provide leftovers cut down on the amount of cooking you have to do during the week. Plan healthy dishes that are made with your favorite flavor profiles so you look forward to eating them.



## PLAN FOR PARTIES/EVENTS

Parties are an easy way to sabotage our healthy habits so it is important to plan for these events. Eat a healthy small meal before the party so you don't overindulge once you are there. Offer to bring a healthy dish so you know there will be something for you to eat. Be picky about the treats you choose! For more tips [click here.](#)



## PLAN FOR EATING OUT

Eating out can be tricky when you are trying to stick to your healthy nutritional habits. Here are a few ideas to help you manage this: packing half of your meal in a to-go box can save you from overeating. Ask for your salad dressing on the side. Replace the fatty potatoes or fries with an extra side of green veggies. Steer clear of the fried foods. Skip dessert and make your own at home.



## PLAN YOUR SELF-CARE

Self-care is key to maintaining our healthy habits. If we don't plan for it then we forget to do it! Just like movement, this is another great thing to add to your calendar as an appointment you won't cancel. Plan your meditation time, your time in nature, get a massage, enjoy time with a dear friend. Whatever you view as self-care, prioritize it and plan for it.

