People often disconnect themselves from their personal health and financial practices. Acknowledge your current situation. Are you overweight? Do you have money put aside for retirement? The 5 A’s of successful behavior change are: Awareness of what needs to be changed, Ability to make the change, Ambition and desire for change, Attitude or being positive about making changes and taking Action to take small steps toward better health and finances.

The best way to increase your awareness is to record everything you eat and the money you spend or save. Keeping written records (even though we know you don’t want to do this task) will help you to be successful in tracking your current practices and help you to make changes in your eating, snacking, exercise and spending. A Food and Activity Log is Worksheet and Income and Expense Log are here: (add website)

Research shows that if you keep written records you will increase your chances of accomplishing your desired behavior changes. You may want to do this for several months or indefinitely.

The Online Workplace Wellness Program was developed by:

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“There are six components of wellness: proper weight and diet, proper exercise, breaking the smoking habit, control of alcohol, stress management and periodic exams.”

Kenneth Cooper

Stay Fit at Work

While you shouldn’t give up on your home or gym exercise routine, you can certainly supplement it with exercises done at your desk (and, on those extra-long workdays, it’s much better than doing nothing.) Here are a few aerobic tricks to try during your next break between tasks:

Glance at the wall clock and rip off a minute’s worth of jumping jacks. If you’re a beginner, try the low-impact version (raise your right arm and tap your left toe to the side while keeping your right foot on the floor; alternate sides). March in place for 60 seconds and get your blood circulating.
Health and Wealth Action Steps This Week

Record everything you eat and drink for several days including the quantity of food and calories. Add your activity and estimated number of calories.

Record everything you earn and spend for a month or two using a notebook or set up a spreadsheet for record keeping. Total your income and compare it to your expenses. What adjustments do you need to make? Is your cash flow positive or negative? Set some goals for yourself and make the needed changes. Copy these logs and fill in on a weekly basis.

FOOD & ACTIVITY LOG

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Describe Food/Beverage Consumed</th>
<th>Amount Food/Beverage Consumed</th>
<th>Estimated Calories Consumed</th>
<th>Physical Activity</th>
<th>Time Spent on Activity</th>
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INCOME & EXPENSE LOG

<table>
<thead>
<tr>
<th>Date</th>
<th>Description of Income</th>
<th>Amount</th>
<th>Description of Expense</th>
<th>Amount</th>
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Take the “small steps approach” throughout the day

- A quick walk during a break time can add a few extra steps to your day! If time allows take the long way to the lavatory or to your lunch break.
- A few minutes of quiet meditation can add a sense of calm during the work day.
- Maintain a proactive attitude toward eating healthy, daily physical activity of at least 30 minutes or more each day along with setting a plan for savings and debt reduction.

Links for additional ways to move more for better health

America on the Move’s Tip of the Day:

- Encourage healthy decisions by drinking water instead of sugar sweetened beverages.
- Keep low-fat cheese and yogurt on hand.
- Substitute steamed vegetables for rice or pasta.
- Play America’s favorite past-time – baseball or softball.

More Wealth and Health Everyday

Ask yourself truthfully about your financial state. Are you in debt? Do you have savings? Can you pay your bills?

How is your health? Do the number of calories you consume daily and the total calories burned for physical activity match? What adjustments do you need to make?

www.choosemyplate.gov
www.njaes.rutgers.edu/health
http://www.getmovinggethealthynj.rutgers.edu/workforce/index/html

The refusal to choose is a form of choice: disbelief is a form of belief———Frank Barron