



**RUTGERS**  
New Jersey Agricultural  
Experiment Station

**Small Steps to Health and Wealth™**

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**Deskercise!**

The Celebratory Split Squat Jumps: Win over a new client? Figure out how to un-jam the printer? Is it finally Friday?! Celebrate with the split squat jump. With feet hip-width apart, step the left leg back two feet and balance on the ball of the foot. Next, lower into a lunge, and then accelerate upwards in an explosion of celebration. While in the air, switch feet so that the left foot is planted firmly in front and the right leg is now behind. Repeat 10-12 times on each side.

**Healthy on the Job!**  
**Small Steps to Health & Wealth**  
**Workplace Newsletter**

**Family & Community Health Sciences**  
**Rutgers Cooperative Extension**

**Commit to Making a Change**

[http://njaes.rutgers.edu/sshw/workbook/04\\_Commit\\_to\\_Making\\_a\\_Change.pdf](http://njaes.rutgers.edu/sshw/workbook/04_Commit_to_Making_a_Change.pdf)



**Strategy 4**

**Focus: Commit to Making a Change**

According to the Transtheoretical Model, there are five major stages of change. At the pre-contemplation stage, people may not even be aware that a problem (e.g., high debt load and risk for diabetes) exists or that a change should be made in their lives. At the contemplation stage, they gain knowledge about alternative behaviors and begin to understand ways to change (e.g., reduce spending and increase physical activity). At the preparation stage, people seriously plan to make changes and gain required skills (e.g., taking a personal finance course or visiting the [www.nutrition.gov](http://www.nutrition.gov) website). At the action stage, they “take the plunge” and actually change a behavior. In the maintenance stage, people work to sustain their change and reap the rewards of their efforts

(e.g., decreased debt balance and improved blood-glucose levels).

Commitment takes place during the preparation of stage of change. Here people acknowledge that “if it is to be, it’s up to me” and begin to develop a plan of action. Studies have found that “plans to change” can predict actual changes. An example of a statement of commitment to change is “I will save \$25 per week in a 401(k).” Another is “I will take two 600-mg calcium tablets with meals daily.”

As people prepare to change their behaviors, they often seek “how to” information and advice. Common activities performed during the preparation stages of change are: enrolling in a class, consulting a counselor, buying a self-help book, and paying increased attention to a behavior-change issue (e.g., preventing diabetes).

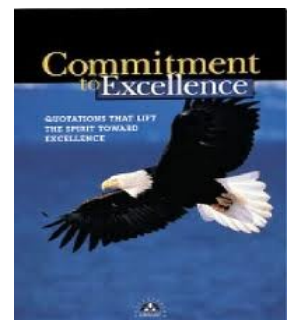
Sometimes people are able to simply “will” a behavior change. When asked later how they succeeded in changing, they reply, “I just decided to do it.” Perhaps they drew a mental “line in the sand” at some point (e.g., weighing 180

pounds) and dared not cross it. Or maybe they became aware of the dangers of an unhealthy practice and told themselves “Something has to change” or “I’ve got to do something about this” or “I’m just not going to do this anymore.” More commonly, however, successful behavior change requires a variety of self-help strategies and/or a strong support system.

As you commit to take action to improve your health and finances, determine what behavior(s) you are changing, the pros and cons of making changes, and how you intend to change your behavior and address obstacles along the way. To firm up your plans, complete the attached Worksheet, *Commitment to Change*, for both health and wealth-related goals.

**Unless commitment is made, there are only promises and hopes...but no plans.**

—Peter Drucker



# Health and Wealth Action Steps This Week



## Health

Identify the stage of change you are in with respect to a health behavior that you want to change.

Write a statement of commitment to change a health behavior using the words “I will.”

Identify the primary factors that motivate you to make health changes (e.g., fitting into tight jeans).

Turn a negative behavior into a positive (e.g., I’ll cut back on sweets and eat fresh fruit instead).

## Wealth

Identify the stage of change you are in with respect to a financial behavior that you want to change.

Write a statement of commitment to change a financial behavior using the words “I will.”

Identify the primary factors that motivate you to make financial changes (e.g., fear of living in poverty).

Turn a negative behavior into a positive (e.g., I’ll cut back on lottery tickets and save the money).

## What behavior changes are you planning to make? Health? Wealth?



Commitment to Change	Health	Wealth
What are some reasons to make these changes?		
What are some reasons not to make these changes?		
How strongly do you want to change?		
How confident are you that you’ll succeed?		
What is keeping you from changing right now?		
What steps will you take to make the behavior changes? Will you need any help?		
Do you have any role models?		
When will you start taking action? Give a specific date.		
What obstacles do you expect to face? How do you plan to address them?		

[www.choosemyplate.gov](http://www.choosemyplate.gov)

<http://www.getmovinggethealthynj.rutgers.edu/workforce/index/html>

<http://icommit2bfit.org/>

<http://www.livestrong.com/healthy-lifestyles/>

<http://njaes.rutgers.edu/sshw/>