

# Start where you are



## START WHERE YOU ARE AND BUILD A HEALTHIER DIET, SLOWLY BUT SURELY

Sometimes the hardest part about making a change is having the courage to start. Comfort lies in routine, and we are often shaped by the products in our environment. Processed foods line grocery store shelves and fast food is a lingering temptation that lurks on every street corner. Despite the convenience of these options, it is important to remember that how we choose to fuel our bodies has a huge impact on our health. And there are ways to add nutrition to all types of food. There are no foods that we should eliminate completely from our diet, our goal is to gravitate towards healthier options. This lifestyle change doesn't mean that we can't have our favorite foods and indulgences occasionally, it just means we should learn how to balance certain foods with other, more healthful foods that are going to make us feel good on the inside and out!

This shift from "dieting" to "lifestyle change" means throwing away your short-term expectations. Progress that is sustainable is going to be gradual - and that's okay! We are not here to make temporary changes, we're building lifelong habits and lifelong health. Take off the pressure of eating "right" and turn towards eating "better", and making small healthy choices one meal at a time.

Start where you are. Setting unrealistic goals and expectations will make it harder to stick to your regimen. View any accomplishment as a success and watch how small changes can create a strong foundation for lifelong habits. Maybe you want to drink more water, or eat more vegetables. Begin by carrying a reusable water bottle, adding a new vegetable to a favorite recipe, or changing the way that you shop. Giving yourself the tools to succeed is a part of the process.

You can make manageable changes, one meal or snack at a time. This curriculum is filled with educational resources and delicious recipes, tools that you can use to start making healthier choices.