

BARRIERS TO CHANGE

Part of this programme is to make changes to our lifestyle around exercise and healthy eating. Changes can be frightening and we can sometimes put up mental barriers to stop these changes occurring. We perceive these barriers as real; however we can overcome many of these.

Some common barriers to change:

I haven't got time.

I'm too busy to cook every day

Batch cook food to freeze

All the family to share the same meal.

Encourage children to help with cooking.

Put healthy prepared snacks in fridge for children to enjoy.

Healthy food is expensive. People think it's expensive to eat healthy.

Take-a-way for a family is very expensive and most of us could make at least 2 meals with the money we spend.

There are many books and online recipes available to help us cook healthy meals.

If we fill up on healthy foods, we would eat less snacks saving us money.

Smart Goals. It's too much/hard to do.

Don't try and make massive changes all at once we can leave ourselves exhausted and down hearted if we fail to achieve them.

Slow small steps.

One step at a time leads to us reaching the top of the stairs.

Set **SMART** Goals:

S SPECIFIC - reduce my sugar in coffee

M MEASURABLE - I can see I don't put sugar in mug anymore.

A ATTAINABLE - Can I achieve this goal?

R RELEVANT - reducing sugar helps me maintain a healthy lifestyle.

T TIME-BOUND - I'm giving myself 2 weeks to reach this goal.

Good luck with making changes

Remember if;

"Nothing changes, nothing changes."