

Changing Lifestyles One Day at a Time

Ten weeks, and two snowstorms have passed since the onset of the Fit Family program. Despite the challenges presented by the weather, I'm sure if you were to ask the group, the weather is the least of their obstacles. Getting an entire family on board to eat right and exercise is not easy. There is no remote switch that can instantly make behaviors change.

Changing a family's lifestyle to become healthier happens one day at a time. Celebrating the small victories is important and keeping the focus on what is going right is the key to avoiding discouragement. Are the families making progress? Check my "healthy scorecard" and decide for yourself. Like a playing a game of baseball, remember, if you don't ever swing, you can't make a hit.

Fit Families' Healthy Scorecard – swings in the right direction

- The George Foreman grill is a lifesaver
- We hit the treadmill for 20 minutes before dinner
- Cooked carrots...no...but I eat raw ones
- We don't buy that (chips) anymore
- Our next vacation is a trip to the Porcupine Mountains
- I ran for the first time outside
- We had pizza at school, I only had two pieces