

# HABIT

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## Moderation is key

I like to use the 80/20 approach to nutrition. For 80 percent of the time, eat healthy. This doesn't mean omit all sugar, or all flour or all anything. This means following a healthy meal plan such as the Mediterranean nutrition plan, abundant in fruits and vegetables, whole grains, legumes and nuts, lean meats, low fat dairy and healthy oils such as olive or canola. Enjoying meals with family and friends is also part of this plan. The other 20 percent of the time, you may indulge within reason.

## Commitment and consistency

The key to life-changing results is to be committed and consistent to a healthy lifestyle. You must make this a priority in your life. If you want it badly enough then you will find how to make the sacrifice. It doesn't matter if you're 21 years old or 70 years old, 135 lbs. or 300 lbs., adding frequent moderate-intensity physical activity and healthy eating into your life will improve your health.

## Create a supportive environment.

Find people that will inspire and encourage you along the way. Your chances of success will be higher, and this journey will be much more enjoyable if you have a network of support. You might find a workout buddy, a fitness class or friends and family members that would like to join you.

## Make YOU a priority!

Take time for YOU! When you take care of yourself first, you will be stronger and more capable of taking care of others. I encourage all of you to make your health one of your top priorities in 2017. I guarantee you, you won't regret it.

*Kim Jacobs is a registered dietitian at Blue Mountain Hospital.*

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