

Sticking with It! Maintaining Healthy Lifestyle Changes

Enthusiasm for healthy changes can wear off quickly. In fact, it takes willpower and motivation to make and maintain changes in your life.

But, press on, arm yourself with a few good strategies, and you'll be on your way to maintaining healthy habits for life.

Make the Most of Your Time

Thinking through your options and making a solid realistic plan can go a long way in making the best use of your time.

Ask for Accountability

Tell a few trusted friends or family members about your plans — they may even want to join you! It really helps to have someone to keep you on track.

Tap into Technology

In the age of health-savvy gadgets and apps, look around and find the right fit for you. Some devices track steps, sleep habits, heart rate and more. Making a habit of tracking your goals with technology can be as simple as remembering to do a quick check-in after reading your emails. Look for websites that map out trails near you for walking, biking, hiking and running.

Court Some Competition

With workplace wellness initiatives on the rise, many companies now offer health-oriented challenges. These can be a fun way to get to know your co-workers better while keeping the office healthy. Has a friend or family member expressed a desire to be healthier too? Propose a friendly competition with a prize at the end!

Heart Smart Fun

Looking for a way to celebrate American Heart Month? How about a way that's better than candy, and improves the grumpy winter doldrums? Get the kids off the couch and do something active that's good for your heart and theirs. Kids are always hungry for attention, so play!

If it's too cold to go outside sledding, skiing, skating, snow shoeing or looking for animal tracks in the snow, get off the couch and do some heart smart activities inside.

Active Indoor Fun

Before you start, store away any precious or breakable items around the house. These are a few indoor activities that your family may enjoy:

Hearty ball tag – Use a small heart-shaped bean bag, balled up sock, or stuffed animal for the ball. The person who is “It” throws the ball to tag another. Once a person is tagged, they are “It”. Keep playing until everyone needs to “catch their breath”..

Balloon volleyball – Use a balloon for the ball and a couch for the net. Or you could tie a string from one chair back to another creating a net line in the middle of the room. Teams hit the balloon back and forth across the “net”.

These activities are sure to increase your heart rate which is good for your health. Don't stress about competing, just enjoy the fun and enjoy each other. Time together is a great way to speak love and these indoor activities are good for your heart (in more ways than one)!

