



Reboot Your Resolutions

CHALLENGE

Take action to achieve healthy goals

Requirements to complete this HEALTH CHALLENGE™

1. Read “Reboot Your Resolutions.”
2. Create a daily plan to achieve your health and wellness goals, and take action.
3. Keep a record of your completed health challenge in case your organization requires documentation.



You’ve probably heard of Valerie Bertinelli.

She’s been in front of the camera for years in TV shows like *One Day at a Time* and *Touched by an Angel*. Or maybe

you’ve seen her talking about food and tasting recipes on the Food Network.

But did you know she’s also struggled with her weight for years?

She knows exactly what it’s like to lose weight, gain it back, and start all over. She lost an estimated 40 pounds by eating right and exercising.

Then life happened. Her dad died. She took care of her aging mother until she passed away. She used food to cope with the stress and sadness, and the weight came back...again.

But instead of just going back on a diet, Bertinelli has a different kind of New Year’s resolution this year.

Ready to reboot your resolutions? Take the Healthy Habit Quiz

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|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Sleeping 7 to 8 hours a night can help prevent weight gain and other health problems. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | The best way to curb a sugar craving is to gradually cut back on sweet treats and drinks by eating healthier foods. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Losing 5 to 10 pounds a week is a healthy weight-loss goal. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Adults should be active at least 30 minutes a day for best health. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | If you want to quit smoking, a combination of nicotine replacement, behavior changes, and a support group works best. |

Have you set a goal to be healthier this year? That’s a great place to start. Is weight loss one of your goals? Losing 1 to 2 pounds a week is a healthy goal. So what are your healthy resolutions? Instead of one giant goal, create a daily action plan you can follow to help you get there. You got this!

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

“I’m on a mission to know what true joy inside and out feels like,” Bertinelli said in a recent interview... That joy is tied to making healthy choices with my life in everything I do. Healthy in the people I surround myself with, the food I eat and, perhaps most importantly, the way I talk to myself.

Did you make some New Year’s resolutions this year to lose weight, be more active, or eat healthier? About half of all adults make resolutions. But few turn those good intentions into lifestyle habits that stick, or give up after a few weeks. And it’s time to change that.¹

Take the month-long challenge to Reboot Your Resolutions.

