



Exploring Food and Discovering Healthy Habits.

Not just with your food habits but all-round habits.

When you're trying to develop new habits—whether it's healthy eating, getting more exercise, or quitting smoking—you have a better chance of success if you make a plan ahead of time.

Knowing why you want to eat healthier can help you make changes in your eating habits. And writing down your reasons will be a good reminder later on if you get discouraged.

A plan for forming new habits includes long-term and short-term goals as well as ideas for getting past barriers—things that might get in the way of your success.

Start with small, short-term goals that you can reach pretty easily. It's easier to stay with something new when you have early, frequent successes.

Support from family and friends can go a long way toward helping you find success in eating healthier. Don't be afraid to let them know what you're trying to do—and ask for their help.

It's important not to jump in too far too fast. Slow, steady steps will set you up for success. Here are some steps to follow in setting up a healthy eating plan.

- Set your goals
- Track your progress
- Think about your barriers
- Get support—from others and from yourself.

When you are clear about your reasons for starting a healthy eating plan, it's time to set your goals. What is your long-term goal? A long-term goal is something you want to reach in 6 to 12 months. Your goal may be to lower your blood pressure and/or cholesterol or to reach a healthy weight for your body type.

What are the short-term goals that will help you get there? These are what you want to do tomorrow.



Instead of changing your diet overnight, make your changes one at a time.

Try adding something to your diet instead of taking something away. Add foods that you think you need more of, like fruits and vegetables.

Write down your goals, and hang them up where you can see them. Reading your goals can be a helpful reminder.

Keeping track of your progress helps you see how far you've come. It also helps you stay with your plan.

Here's another habit you could work on.

Tips & Tricks to Tackle Hoarding & Decluttering.

Hoarding can affect anyone, regardless of age, sex, or economic status. It is hard to determine how common hoarding is.

Hoarding is defined by the Mayo Clinic as the excessive collection of items, along with the inability to discard them.

This program will be presented in:

Sharon Springs on February 21, at Noon, M.T.
at the Sunflower Extension District Office.

Goodland on Feb. 26, at the Extension Office,
at Noon, M.T.

St. Francis on March 1, at Noon, C.T.
at the Courthouse.

RSVP by February 20, 2024 to your local Extension office.