



Healthy Living Checklist

Listed below are some actions that can help make changing to a healthier diet a little easier. These actions involve a little planning and will encourage you to think about things differently.

Tick the box when you have carried out each of the tasks listed below.

Identify what motivates you to lose weight – keep a personal list to help keep you on the right track e.g. summer holidays, a wedding, health reasons

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Set yourself achievable goals – it may be a dietary goal or an activity goal e.g. to have fruit at least twice a day and include a 30 minute walk daily. Add to these targets as you progress towards a healthier weight.

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Identify obstacles that keep you from achieving your targets – if obstacles are known it should be easier to overcome them. Again keep a list of these obstacles to remind you e.g. finding it difficult to exercise because you work full-time. Use your lunchtime and go for a brisk 20 minute walk – you will feel better and be losing weight at the same time.

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Keep a food and activity diary. Download your food diary on **obesityireland.ie** This will help you see some patterns that you could change to help you to lose weight; it is also a useful tool to help keep you focused.

To see the benefits of weight loss you do not need to lose a lot of weight – set yourself realistic goals. By losing 10% of your current weight you can give yourself significant health benefits.