



# Lean Plate Club

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**1. Remove yourself from the situation where you're starting to slip into bad habits.**

*(Example: Get out of the kitchen. Move away from the dining table. Stop eating in front of the television, etc.)*

**2. Adjust your thinking.**

*(Example: It's a slip-- not a reason to give up.)*

**3. Get support.**

*(Example: Chat with, e-mail or call an encouraging friend, relative, colleague who can help reinforce your efforts at eating smart and moving more.)*

**4. Do something to distract yourself and that will immediately engage your mind and body.**

*(Examples: Vacuum your house. Take a walk around the block. Soak in a bubble bath or take a shower. Brush your teeth. Knit. Iron. Play a musical instrument. Write a letter.)*

**5. Return immediately to your healthy habits.**

*(Examples: Plan your next meal or a specific time to workout.)*

## Motivators for Change

I'm trying to \_\_\_\_\_ because:

*Example: Lose weight, exercise more*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*(Examples: I want to have more energy; I want to feel better about my appearance; I'm tired of being fat; I want to live to use my pension; I want to be able to run around with my kids; I want to see my grandchildren grow up; I want to lower my blood pressure; I want to be more fit; I want to reduce my cholesterol-lowering medication....)*