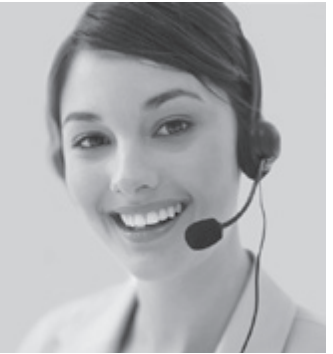


“It was great to talk with you.

Thank you for your interest in ‘getting back on track with healthy eating.’
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Everyone gets off track with healthy eating now and then. These times are called “slips.” Slips are:

- Times when you don’t follow your plans for healthy eating.
- To be expected as a *normal* part of building and working to maintain healthy eating habits.
- *Not* an excuse to “throw in the towel.”
- Opportunities to learn and to make progress toward your goals for healthy eating.

An occasional slip does not hurt your progress. What can hurt your progress is the way you react to slips.

What causes you to slip is learned. It is a *habit*. You can learn a new way to react to slips to get back on track with healthy eating.

What to Remember After a Slip

First, remember two things:

- **Slips are normal and to be expected.** Most people have slips, both while building and working to maintain healthy eating habits. You are making lifelong changes. Slips — and what you learn from them — are an important part of the process.
- **No slip, no matter how long it lasts, will ruin everything.** The slip is not the problem. The problem occurs if you don’t get back on track and keep moving toward your goals.



A healthier life is on the line for you!

CMN12-0813-7C
UPMC_12_630

(continued on next page)

UPMC HEALTH PLAN

Five Ways to Handle Slips

After you slip from your plans for healthy eating, use these tips to get back on track:

1. **Talk back to negative thoughts with positive thoughts.** Negative thoughts can be your worst enemy. Talk back. “I’m not a failure because I ate a lot of sweets last week. I can choose healthier snacks today.”
2. **Ask yourself what happened.** Learn from the slip. What happened that got you off track? What can you do to handle it differently next time? For example, did you skip lunch because you were working on a deadline? Plan to pack a healthy lunch so you can eat at your desk.
3. **Regain control the next time you can.** Do *not* tell yourself, “Well, I blew it for the week,” or “I’m really off track on this vacation. I’ll get back on track after I get home.” Get back on schedule with healthy eating *at the next meal or snack*.
4. **Talk to someone supportive.** Call a friend for support. Share what happened and talk about new strategies for handling slips. Ask for suggestions. Commit yourself to a renewed effort.
5. **Focus on all the positive changes you’ve made.** How many steps in the right direction have you made *so far*? Had you made some progress before the slip? Take pride in those changes, and build on them.

A great way to find support and stay on track is to find a buddy or join a group. If you can’t find a group, create your own! A few examples:

- A group of friends or co-workers who try healthy recipes or food products and share the best ones.
- A group of friends who cook healthy recipes and take turns hosting potlucks to taste them.
- A healthy cooking class at a YMCA, local school, or community center.

Talk with your health coach about these and other resources that might be right for you.



A healthier life is on the line for you!

(continued on next page)

UPMC HEALTH PLAN

Getting Back on Track with Healthy Eating

Take Action

Check when completed	
<p>My SMART Goal for This Week</p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p>Staying on the path to wellness</p> <p>From time to time, think about some of the things that cause you to slip from your plans for healthy eating. Write them below. (Some common examples: holidays, vacations, eating out, needing to work late, or feeling bored, angry, or lonely.)</p> <p>_____</p> <p>_____</p> <p>Imagine that you slipped in two of those situations. For each situation, choose one or more of the five ways to handle slips described in this tip sheet, and set a related weekly SMART goal. Write your goals below. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> • SMART goal 1: _____ <li style="margin-left: 20px;">_____ • SMART goal 2: _____ <li style="margin-left: 20px;">_____ <p>When you reach your goals, share your success with a supportive friend or family member. Celebrate together each step you take to move in the direction of healthier eating!</p>	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “The next time I feel lonely and eat an ice cream sundae for lunch, I’ll tell myself, ‘I can still eat a healthy dinner. I’ll plan to eat a low-calorie frozen entrée and a salad at my regular dinner time.’ ”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

(continued on next page)



A healthier life is on the line for you!

UPMC HEALTH PLAN

Getting Back on Track with Healthy Eating

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source: The University of Pittsburgh Obesity and Nutrition Research Center (grant DK046204 from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases).



A healthier life is on the line for you!

UPMC HEALTH PLAN