



Plan your route to Success!

FAN Monthly

Month 6

Planning ahead can help you make healthier choices.

Planning ahead for healthy eating and physical activity is important because it allows you to set yourself up for success. You can prevent temptation and situations that may cause you to stray from your goals.

One of the best ways to keep yourself on track is to make choices that set you and your environment up for healthy eating and being physically active. This can mean removing unhealthy, tempting items from your home or church, and stocking your kitchen with more fruits, vegetables and whole grain items. Strategies for encouraging physical activity include laying out your exercise clothes ahead of time so you are reminded to begin your day with your exercise program! Check out some more tips below:

1 / Planning makes you more likely to make healthier choices, since you're not making decisions about what to eat when you're already hungry.

4 / A good plan can keep you on track to meet your FAN goals, like eating more fruits, vegetables, and whole grains, while eating less unhealthy fats and sodium.

2 / A plan helps you to prioritize gathering ingredients, prep the food, and most importantly, enjoy your meal.

5 / Planning ahead saves you money. In addition to working out in advance how you'll achieve 5 cups of fruits and vegetables, you can also make sure you stay within your weekly shopping budget.

3 / Planning keeps you accountable to the goals you set out to achieve. If you plan to go to the gym, keep your athletic clothes and gym bag prepared to set yourself up for success.

6 / A plan saves you time. You can shop once according to the foods you plan to eat, so there's no need to make repeat trips to the supermarket.

"Therefore do not cast away your confidence, which has great reward.."

Hebrews 10:35
(NKJV)

