

Small Steps to Health and Wealth

Strategy 4 - Commit to Making a Change (Health)



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This program and newsletter is adapted from the "Small Steps to Health and Wealth Program," developed by Joanne Kinsey, M.S., CFCS at Rutgers, New Jersey Agricultural Experiment Station



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Change is defined as:
The act or instance of making or becoming different.

According to the Transtheoretical Model, there are stages of change. Five of these stages are as follows:

1. **Pre-contemplation** - In this stage, people are often unaware that a problem exists or that a behavior may create negative consequences (e.g., poor eating habits leading to risk of diabetes).
2. **Contemplation** - In this stage, people recognize that the behavior may be a problem, and contemplate the pros and cons of changing the behavior. Even with recognition, people may be conflicted about changing.
3. **Preparation** - People seriously plan to make changes, such as modifying their diet, and gain required skills (e.g., reading the government guidelines for a healthy plate - <https://www.choosemyplate.gov/>)
4. **Action** - People have "taken the plunge" and intend to keep moving forward with that behavior change.
5. **Maintenance** - People work to sustain their change and reap the rewards of their efforts (e.g., improved blood glucose levels, weight loss).

Commitment takes place during the preparation stage of change. Here is where people acknowledge that "if it is to be, it is up to me to make the modification."

This is also the stage when an action plan is developed.

Studies have shown that "plans to change" can predict the actual change. For instance, a statement of commitment such as "I will take a brisk walk for 30 minutes every other day" could insight change. Or, maybe they became aware of the dangers of unhealthy behaviors and said "I'm just not going to do this anymore." More commonly, though, successful behavior change requires a variety of self-help strategies and/or a strong support system.

As you commit to "take the plunge," determine what behavior(s) you are changing, the pros and cons of each change, how you intend to modify your behavior, and how you intend to address obstacles along the way. Then, write a statement of commitment using words such as "I will..." and hold yourself accountable.

COMMITMENT MEANS STAYING LOYAL TO WHAT YOU SAID YOU WERE GOING TO DO LONG AFTER THE MOOD YOU SAID IT IN HAS LEFT YOU.

We're on the web!

<http://harris.agrilife.org/program-areas/family-and-consumer-sciences/>

Deskercise!

The Celebratory Split Squat Jumps: Win over a new client? Figure out how to un-jam the printer? Is it finally Friday?! Celebrate with the split squat jump. With feet hip-width apart, step the left leg back two feet and balance on the ball of the foot. Next, lower into a lunge, and then accelerate upwards in an explosion of celebration. While in the air, switch feet so that the left foot is planted firmly in front and the right leg is now behind. Repeat 10-12 times on each side.

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