

## Small Steps to Health and Wealth

### Strategy 9 - Get Help and Be Accountable (Health)

For more information or to schedule Health and Wealth sessions, please contact Elizabeth Trejo:

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#### Deskercise!

##### Seated Leg Raiser:

While seated, straighten one or both legs and hold in place for five or more seconds. Then lower the leg(s) back to the ground without letting the feet touch the floor. Repeat alternating legs if raising them separately for 15 reps.

"Taking personal accountability means making a personal choice to rise above one's circumstances and demonstrate the ownership necessary for achieving desired results; to see it, own it, solve it and do it. Accountability is something you choose to exhibit."

- Linda Galindo, *The 85% Solution*

Friends, family and co-workers can be a resource for holding yourself accountable. Some examples include a friend that will take an exercise class with you, a spouse that encourages a healthy meal, or a co-worker that will take a 10 minute walk break with you.

Accountability has been defined as "a structured system of personalized feedback on outcomes." In other words, a good helper will tell you whether you're "walking your talk" or not and give you critical feedback, if needed.

Even pets can be a help. Studies have found that people who exercise with a dog are more likely to lose weight and keep it off. Pets are loyal partners, make exercise fun at any time, and take the focus off the person they are with.

Increasing numbers of employers are helping their workers with positive health changes by offering incentives for losing weight or smoking cessation.

Another resource for positive behavior change could be a support group or professional advisors such as dietitians, and telephone helpline counselors. In one study, 43% of long-time smokers age 65 or older who used a telephone support group, Quitline, were still smoke free nine months later; compared to 5% for do-it-yourself quitters.

**Accountability**  
is the glue that ties  
**COMMITMENT**  
to  
**RESULTS**  
~Bob Proctor

#### Take Ownership:

**Know Your Role** – Know what changes you need to make for a positive outcome (keep a journal).

**Be Honest** – Success only comes when you're completely honest with yourself. This means setting aside your pride, admit your mistakes and think about how you can resolve the problem.

**Don't Overcommit** – If you make unrealistic goals you may be setting yourself up for failure.

**Make Changes** – Accountability is a powerful learning opportunity. When something doesn't go as planned, ask for feedback and different ways to reach your goal.



#### Action Steps: Health

- ⇒ Visit [www.eatright.org/public](http://www.eatright.org/public) to find the names of nutrition professionals in your area.
- ⇒ Take advantage of health support services provided by your employer (e.g., gym).
- ⇒ Tell one or more people about your health goal and ask them to support your efforts.
- ⇒ Call your health insurance carrier to see if your plan covers weight loss/exercise programs.