

# Road Map for Change

Eating healthier when “it’s so much easier to eat unhealthy foods”



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## Let’s explore why it can be difficult to eat healthy when we’re so busy

### Meet Wendy



Wendy works at a fast food restaurant and doesn’t get paid a lot of money. To make ends meet she also works cleaning office buildings at night. “I work long hours and for lunch and dinner I just want something quick to eat.

So I eat a lot of fast food from my first job. I like watching Netflix cooking shows, but am not confident in my own cooking skills.” She knows that eating like this will be bad for her in the long term, but it is easier to get fast food than to prepare food for herself in the morning. Wendy feels like preparing her meals will take away from her limited free time.

### Here’s a map of Wendy’s story:

#### What is happening?

- Working two jobs
- Lack of cooking knowledge
- Limited valuable free time

#### How does she feel?

- Overwhelmed
- Lack of confidence in cooking skills

#### What is she doing (or not doing)?

- Eating too much fast food

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## What parts of your story sound like Wendy’s? How is your story different?

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### What step can you take in the next week towards eating healthier?

Here are some ideas based on how ready you are to eat healthier this week

#### Not quite ready...

- Talk with someone who is in a similar situation

#### Still thinking about it...

- Talk with someone who has successfully begun to eat healthier

#### Getting ready...

- Look for fast and easy healthy recipes
- Ask for support in family or work responsibilities

#### I'm ready now!

- Break it up! Make your lunch and dinner 2-3 days next week
- Schedule food prep for the week on one of your days off

#### Maintaining change

- Plan for healthy rewards for meeting goals
- Create a plan to get back on track after a relapse

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### I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

Feel free to call me before your appointment with any questions:

## Facts About Healthy Eating



A healthy diet could reduce your risk of diabetes, cancer & heart disease

Eating right could protect your memory



A healthy diet can boost your energy

Eating healthy can help with weight loss or weight management



“ It’s that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it’s not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you.” ~Kathie P.