A lifestyle change plan for parents to guide their children, spouses to motivate each other and loved ones and friends to work together for improved health.



The mission of the Huntington Health Revolution is to inform and promote physical activity each day, eating a nutritious diet, getting preventative screening and avoiding risky behaviors among citizens of the Huntington area.

	Diet	Exercise	Spirit
Jan. 2	■ Subtract one sugary drink (soda, kool-aid, sweet tea, sports drinks, etc.) and add a glass of water each day.	■ Walk 30 minutes total each day (divide into 5 or 10 minutes segments if needed.)	■ Take 5 minutes each day for quiet time; no T.V., music, reading or conversation. Sit quietly, breathe deeply and pray if you choose.
Jan. 9	■ Subtract one processed food item (chips, cookies, sugary cereal, crackers) and add a fruit and a vegetable each day.	■ Ask a trusted friend or family member to be your exercise accountability partner. Let them know your goals.	■ Record one thing in your life that you are grateful for, each day of the week.
Jan. 16	■ Read the food labels on packaged foods and only eat/drink the suggested serving size.	■ Play a game for 30-60 minutes with family or friends; try Frisbee, badminton, kickball, hopscotch or basketball. Do this at least one day per week.	■ Spend an hour with a friend or loved one who makes you laugh.
Jan. 23	■ Eat a healthy protein each day such as non-fried fish, eggs, chicken, pork chops or lean beef.	■ Invite a friend, family member or co-worker to exercise with you for 30 minutes once a week.	■ Add 30 minutes each week to learn more about your religion or the religion of a friend.
Jan. 30	Add a healthy portion controlled brown bag lunch to your week and subtract one restaurant lunch.	■ Try a new form of exercise such as biking, hiking, swimming, workout video fitness.	■ Move more slowly this week; slow down at yellow lights, notice the sky and trees while you walk, sit down and enjoy each meal.
Feb. 6	Subtract one dessert this week.	Add a day of exercise to your weekly routine.	■ Go to bed 30 minutes earlier each day.
Feb. 13	■ Subtract mayonnaise and switch from ketchup to mustard.	■ Replace 30 minutes of television or computer time with 30 minutes of exercise.	■ Do one kind deed for someone.
Feb. 20	■ Use spices for seasoning and subtract salt.	■ Buy a pedometer and wear it all day. Set a goal number of steps to reach by the end of the day. Try to beat it the next day.	■ Compliment someone.
Feb. 27	Consciously eat three servings of fat free dairy each day.	■ Stretch for 15 minutes every day this week.	■ Write a thank you letter to someone who has made a positive impact on your life.
Mar. 5	■ Try your favorite vegetable baked/grilled instead of fried.	■ Subtract elevators/ escalators from your daily routine and take the stairs.	■ Take a nap!
Mar. 12	■ Don't go back for seconds; stop eating before you feel full.	■ Pick one place you normally drive to and walk or bike instead.	■ Choose one day of the week for a positive attitude only.
Mar. 19	Split a meal with a friend the next time you are at a restaurant.	■ Stand up and walk while talking on the phone.	■ Set a health goal for yourself and plan your reward for reaching it.
Mar. 26	Cook dinner with a family member at least once a week.	■ Participate in a local walk/run with a friend.	■ Be a mentor to someone.