

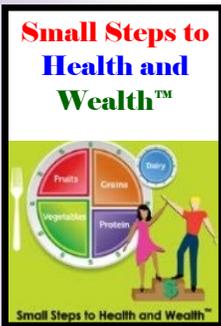
Small Steps to Health and Wealth

Strategy 16 - Live "The Power of Ten" (Health)

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

(713) 274-0950
etrejo@ag.tamu.edu

Texas A&M
AgriLife Extension
9449 Grant Road
Houston, Texas 77070



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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"Take Small Steps Each Day. You might not get there today, but you'll be closer than yesterday."

The number "10" is very powerful and fits a "small steps approach" to positive behavior change. It is easy to multiply, divide, and remember.

"10" and multiples of 10 (e.g., 100 and 10,000) show up repeatedly in expert recommendations to improve health. Whether it is shedding 10 pounds or exercising in 10-minute increments, "The Power of 10" is a strong motivator to change if the magnitude of its impact is fully appreciated.

Use "The Power of 10" to improve your life. An example is loss of 10% of your body weight, to be achieved through a gradual weight loss of 1 to 2 pounds a week. Someone who weighs 180 pounds would, thus,

have a weight loss goal of 18 pounds. Research has shown that people don't need to lose a large amount of weight to see improvements in their health status.

Visualize "The Power of Ten"

Lose 10 pounds in a year by eating 100 calories less per day. It doesn't take much to consume 100 extra calories: 1 tbsp. mayonnaise, 1 tbsp. butter, 1 ½ tbsp. salad dressing, a handful of potato chips, a chocolate chip cookie, and an 8 oz. beer or soda will do it. For motivation to change, picture losing the equivalent of ten 1-pound cans of vegetable shortening.

Ways to easily reduce calories:

1. Instead of putting foods on the table for that family dinner, fix your plate in the kitchen and go to the table for the meal. Serving foods in bowls on the table will allow you to go back for second or third portions, without thinking about it.
2. Replace one of your daily sweet/salty snacks with healthier replacements like carrots, cucumber rounds, grape tomatoes or a handful of nuts.
3. Eat meals on a nine or ten inch plate instead of a large dinner plate. We eat with our eyes first.
4. Don't eat in front of the television. Let your attention be on your meal so you are mindful of your actions.
5. Drink a glass of water before every meal and try to switch to water as your beverage of choice.

Deskercise!

Keep a stretch band at your desk. When you're on a speaker phone conference call or viewing a webinar, build muscle tone by grasping the band with both hands above your head. Pull it out to the sides. Repeat 10 times.