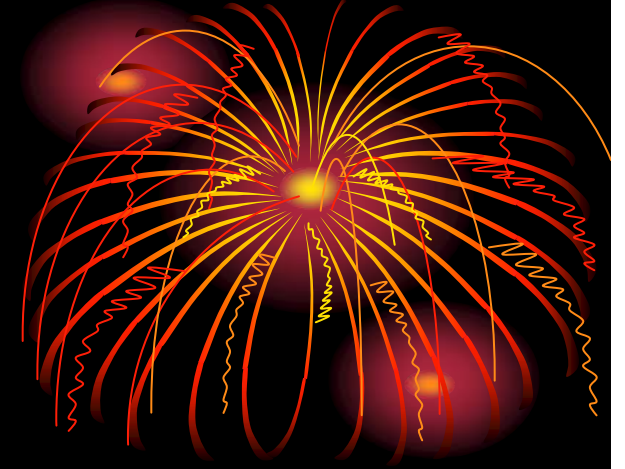




# Resolution Solutions

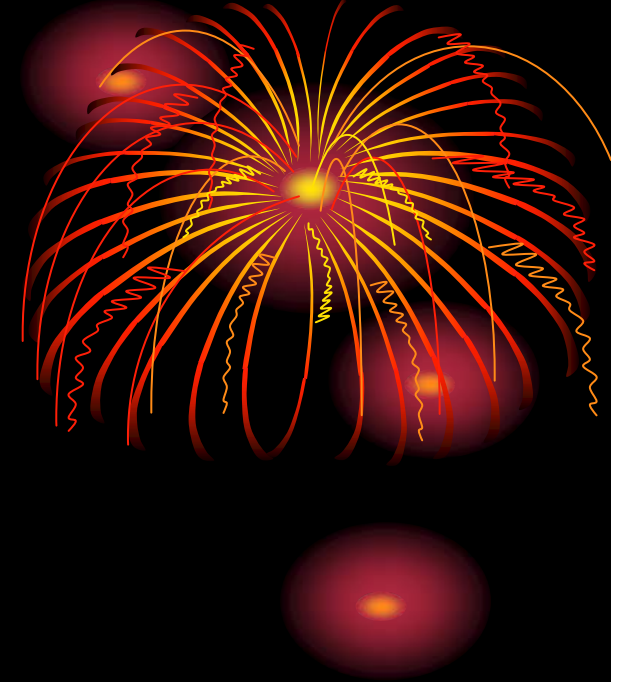
Kim Kochenderfer, RD  
La Crosse County Health  
Department: Nutrition Division



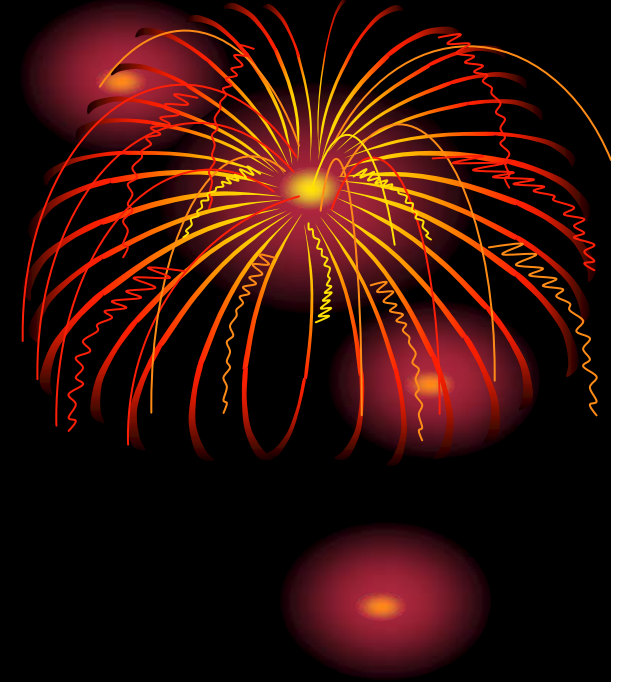
Making Change Happen  
for You in 2006

This year,  
I'm going to...

- Get in shape
- Lose weight
- Eat better



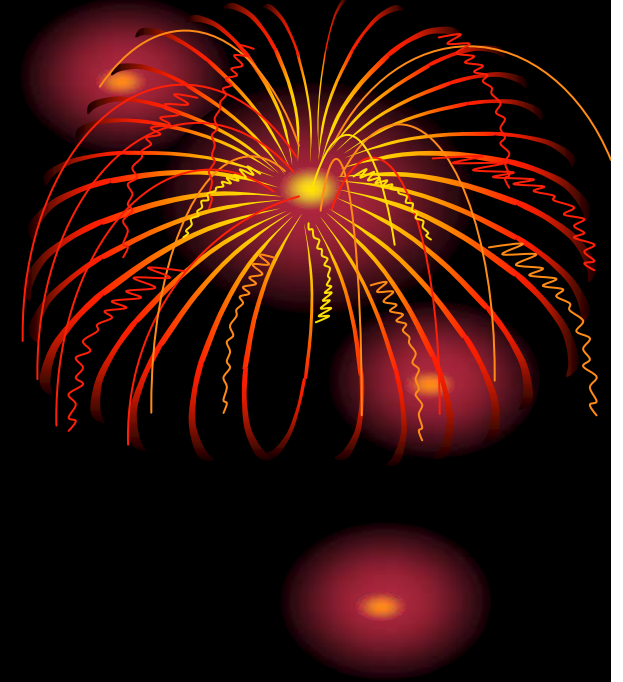
# Will We Stick With These Good Intentions?



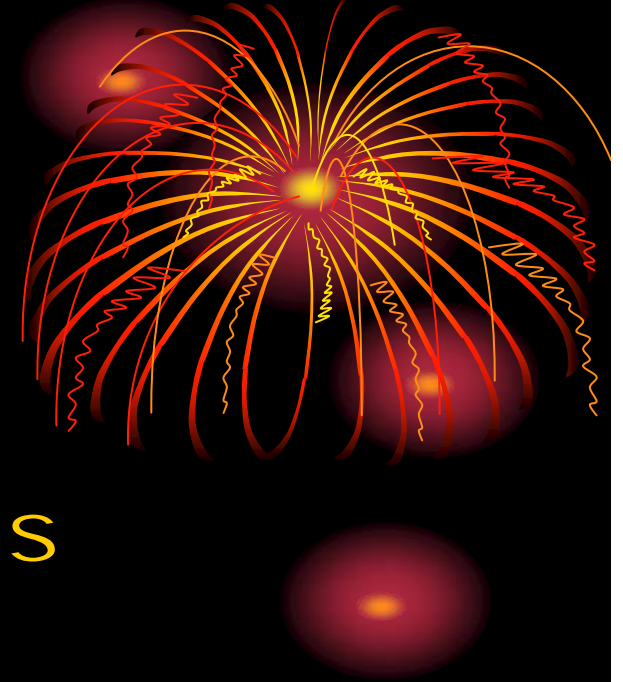
Unrealistic expectations  
All or nothing  
Black or white

# Solutions...

- How to start
- Set goals
- What makes successful change
- Ideas to move more and eat less



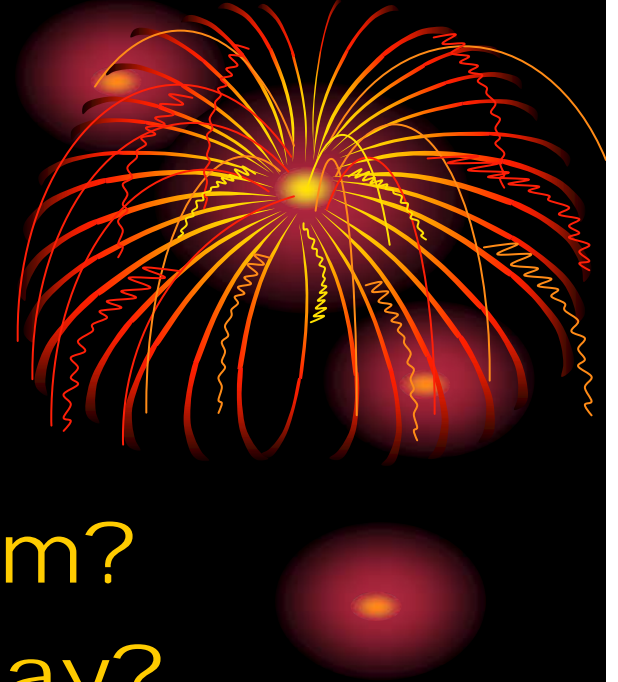
# Start *Small*



- Set a few **realistic** goals
- More *manageable*
- More *achievable*

# Where Am I Now?

- Where am I starting from?
- What are my habits today?



Set SMART goals



Small Steps  
Can  
Lead to  
Big Change

