

Making lifestyle changes can be challenging but very beneficial to your health.

Are You Ready?

We can help if you are even beginning to think about making healthy lifestyle changes in the areas of:

- Healthy Eating
- Physical Activity
- Tobacco Use

Talk with someone on your healthcare team to learn more about resources and helpful action steps.

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Developed by
Robert C. Byrd Center for Rural
Health at Marshall University
1600 Medical Center Drive
Suite 1400
Huntington, WV 25701-3655



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Art by Mary Hurst

crespo@marshall.edu
shurst@marshall.edu
mshrewsberry@marshall.edu



Are You Ready?





Balance Your Plate

Eat fruits and vegetables and reasonable portions of high fiber and lean protein foods.

I'm currently eating a healthy diet.

I'm ready to make healthy changes.

I'm thinking about trying to make healthy changes.

I'm not ready to make healthy changes to my diet.



Choose to Move

30 minutes of physical activity most days of the week.

I already do.

I'm ready to start increasing my physical activity.

I'm thinking about becoming more physically active.

I'm not active and am not thinking about becoming physically active.



Kick the Habit

No tobacco products of any kind.

I am not using tobacco products of any kind.

I'm ready to try quitting using tobacco products.

I'm thinking about trying to quit using tobacco products.

I'm not ready to quit using tobacco.