



# TAKE HOME ACTION PLAN

- Nutrition
  - Try using some of the shopping strategies discussed today
  - Plan ahead, shop specifically for what you need, don't shop hungry and start with the perimeter of the store
- Physical Activity
  - Try a new activity that may work better in your current environment, such as kick-boxing, yoga or circuit training
- Mindset
  - Think about what you have done so far to modify your environments. Did it help support healthy behaviors? What should you continue to do?
- Sleep
  - Set up a good bedtime routine to ensure quality sleep