

Healthier Living

A Support System For Staying Healthy

(NAPS)—Breaking bad eating habits may be easier than you think.

Here are a few tips to help you achieve and maintain a healthier weight from Dr. Ro (Rovenia Brock, Ph.D.), best-selling author of “Dr. Ro’s Ten Secrets to Livin’ Healthy.”

1. Write down your goals and make sure they are measurable and realistic.

2. Take advantage of programs that help you attain your goals and provide a support system of people who are also trying to stay healthy. Many of the nation’s nonprofits have programs that can help keep your goals on track by offering tips and support groups.

Linking yourself to a program, support group or other resource can help keep you on track because it keeps you motivated when times get tough. For example, the Walmart Foundation recently announced \$9.5 million in grants to organizations with a mission of providing nutrition education classes across the country, and it offers online tools and tips that anyone can access.

The foundation’s grant to nonprofits will provide classes focused on learning to cook and shop for healthier foods on a budget and provide live cooking demonstrations in communities nationwide.

3. Read labels. Walmart is developing a simple front-of-package seal to help consumers instantly identify truly healthy food options.

4. Do all things in moderation. Start small and be consistent. If you’re working out and



Healthy food choices can help reduce chronic health problems.

eating reasonably on a daily basis to maintain a healthy weight, there’s nothing that says you cannot have a cookie every once in a while. Stick to portion sizes and have fun. Its real life!

In January 2011, Walmart, alongside First Lady Michelle Obama, announced an initiative to provide customers with healthier and more affordable food choices. This effort includes a commitment to increase funding for nutrition programs that help educate consumers about healthier food choices.

According to Dr. Ro, “Nutrition education plays a vital role in helping families break bad health habits, from eating comfort foods to resisting exercise. As we tackle the issue of obesity in this country, every family must take a step back and look at what it’s putting on the table for its children. Eating better today can help reduce the likelihood that your child will suffer from chronic health problems later in life.”

You can learn more at www.walmartstores.com/healthyliving.