

Healthy lifestyle exercise

The exercise is designed to help you lead a healthier lifestyle than the one that you (if you are like most people) currently do. This will help fulfill your Basic needs at work. A healthy lifestyle consists of three major components:

- a. Eating right
- b. Moving more, and
- c. Sleeping better

Steps:

The exercise involves the following four steps (in addition to understanding the 3 components of a healthy lifestyle).

The first step it to come up with a “healthy lifestyle plan.”

T2D List

	Item	When	Where	Urgent	Important	Share	Completed
1							
2							
3							
4							
5							
6							
7							
8							
9							

Consider the following action-items and choose 3 from each category (eating right, moving move, and sleeping better):

Eating right:

- i. Put unhealthy items (e.g., potato chips) in hard-to-reach places and healthy items (e.g., carrot sticks) in easier to reach places
- ii. Replace larger plates or bowls with smaller ones (if you are overweight)
- iii. Replace white plates/bowls with plates of a different color
- iv. If you often eat out, carry a bag of healthy snacks with you (fruits or nuts) to tide you over in case you get hungry
- v. Start your meals with healthy items (e.g., fresh/raw veggies instead of rice or chips/fries)
- vi. Eat a healthy breakfast (e.g., eggs, oatmeal or steamed items—like idlis—rather than fried items, like hash browns, or simple carbs, like sugary cereal or white bread and jam)
- vii. Reduce sugar intake (from, say, 10 spoons a day—across all your drinks—to 6)
- viii. Reduce consumption of items (e.g., “trailmix” bar) with more than 10 grams of sugar (from, say 5 items a day to 3 or less)
- ix. Take longer (ideally 20 minutes) to finish a meal that you typically rush through
- x. Eat at least one meal (ideally dinner) with friends/family
- xi. Not snack after dinner

Note: If you are already doing all of the above things (or you aren’t interested in a sufficient number of them), you could choose to make any other three changes (e.g., not eating anything after 8 pm, or consuming, on average, less than 2 alcoholic drinks/day) that constitute “eating right.”

Moving more:

- i. Get a pedometer and maintain a record of how much you have walked each day
- ii. Put in reminders—on outlook or some other such program—to remind you to take a break every 20 – 30 minutes
- iii. Get a treadmill or elliptical machine for home (and use it every day for at least a few minutes)!
- iv. Exercise (doesn’t need to be intense) for 20 minutes to start the day off
- v. Form a neighborhood exercise group and take a morning or evening walk/job/bike ride (or something else) together
- vi. Engage in short bursts of intense activity (to a level where you find it difficult to speak)
- vii. Reduce the amount of time spent sitting (e.g., choose to stand on bus rides)
- viii. Reduce amount of time spent sitting while watching TV (e.g., watch it while walking on a treadmill instead)
- ix. Make it a rule to walk if you are going somewhere less than X kilometers/miles away (you get to choose “X”)

Note: If you are already doing all of the above things (or you aren’t interested in a sufficient number of them), you could choose to make any other three changes (e.g., joining a yoga class, volunteer to walk your neighbor’s dog) that constitute “moving more.”

Sleeping better:

- i. Minimize sources of artificial light (e.g., TV, iPad) in bedroom
- ii. Get white noise machine for the bedroom
- iii. Follow regular sleep schedule (e.g., go to bed at 10 pm every night and wake up no earlier than 6 am)
- iv. Prevent stress from spoiling sleep (e.g., never check email after 7 pm; don't argue with spouse on which TV channel to watch)
- v. Take a warm shower 30 minutes before sleep
- vi. Eat early dinner (no food 1.5 hours before going to sleep)
- vii. Make bedroom 2-3 degrees cooler than the rest of the house (if this is not energy inefficient); use thick blankets if needed
- viii. Exercise sometime during the day (exercise improves quality of sleep)

Note: If you are already doing all of the above things (or you aren't interested in a sufficient number of them), you could choose to make any other three changes (e.g., no checking email after 9 pm, no arguments with spouse after 8 pm!) that constitute "sleeping better."

The last step is involves discussing your chosen healthy lifestyle plan with your "peer coach". (We will help you find a peer coach.)

The third step is to exchange phone and email details with your peer coach and figure out a time of day when you will call him/her (or the other way around) to motivate each other to maintain the healthy lifestyle for the next 30 days. (We will help you with this via email reminders if you want—information about this will be provided at the end of the workshop.)

The fourth and final step is to tell us how it went (@ office@happinessacademy.eu) !