

Set Yourself Up For Success

Use this handy checklist to generate ideas of how you can set up your environment to support your goals so you can achieve success.

Work Space

- De-clutter your work area to improve focus, mood, and productivity.
- Use your outlook calendar to schedule your weekly workouts and stick to them as you would a meeting
- Bring your lunch plus keep healthy snacks (nuts, trail mix, tuna packs) stashed in a drawer or your office fridge (vegetables, fruit, hard-boiled egg, yogurt) for when the afternoon slump hits.
- Set a reminder on your phone/computer to get up and move around/stretch every hour - this works great in meetings, too!



Kitchen

- Display fruit and healthy snacks on the counter.
- Turn the lights off at 8pm as a signal that the kitchen is closed to reduce late-night snacking.
- Keep high protein snacks on hand for an energy boost to complete your workout.
- Invest in a padded kitchen mat if standing too long while cooking causes back pain.
- Wrap and refrigerate leftovers from dinner before sitting down to eat to discourage second helpings.



Bedroom

- Stretching right before bed is proven to help you sleep better!
- Ensure CPAP machine is working properly and clean for effective results for sleep apnea treatment.
- Keep water by your bed to hydrate upon awakening.
- Keep a notebook by your bed so when ideas and to-do lists pop in your head and disturb your sleep, you can write it down and get back to sleep.



Car

- Pack your gym bag the night before AND put it in your car right away .
- Fill a reusable bottle with water and keep it in your car to help stay hydrated.
- Safe seat set up! Position your drivers seat so you can sit tall with shoulder blades against the seat, arms long in front, elbows soft but you don't have to reach for the wheel. Check that all passengers are securely fastened.
- If you are constantly on the run, put a few snack bars (Cliff, Quest, etc.) in your car for quick and easy snacks and to avoid feeling hangry (hungry+angry).



Social Environment

- Schedule a monthly or quarterly get together with a friend.
- At a party, use a dessert-size plate for more indulgent choices, while using a larger plate for healthier and lighter options.
- Seek out an accountability partner to walk with, stretch with, take a class with, etc.
- Try not to arrive really hungry to a gathering with food – eat a healthy snack before you go.
- Say good morning and good evening to your co-workers.



Headspace

- Download a mind and body app that can walk you through a calming 5 minute meditation. Try Calm or Headspace.
- Labeling certain foods as off-limits can just *intensify* cravings. Remind yourself that any food or beverage (even donuts!) can be part of a healthy diet.
- Start a gratitude journal.
- Ask yourself, am I belly hungry or head hungry? If it's not belly hunger, it could just be boredom or a habit that is prompting you to eat without being hungry.
- Create something new (art, music, food...).

