

# Healthy Lifestyle: Changing the Way You Think About Diet and Exercise

## Overview/Description

It seems that every week a new study is published on the best way to control weight and increase fitness through changes in diet and exercise. It can be tough staying on top of the latest recommendations, especially when the studies sometimes seem to contradict one another! This workshop provides an overview of safe and effective strategies to improve overall fitness through manageable changes in diet and exercise. Of course, before beginning any changes in diet and exercise, it is best to first consult with your doctor.

## Target Audience

Anyone interested in learning about healthy lifestyle tips.

## Expected Duration

45-60 minutes

## Workshop Objectives

At the end of this workshop, you will be able to:

Identify ways to incorporate exercise into your life

- Describe the reasons that exercise is an important part of a healthy lifestyle
- Identify small steps people can take to build exercise into the daily routine
- Identify habits that can keep you active

Identify healthy eating habits

- Recognize the value of lifestyle changes
- Identify diet fads that are ineffective at maintaining a healthy lifestyle
- Describe how to eat appropriate portions
- Describe how to shop for the healthiest foods

**[Click here to register and view this webinar on demand.](#)**