

Why not switch out
that piece of pizza
for a banana?

How to be an **AGENT OF CHANGE**

1. PRE-CONTEMPLATION



2. CONTEMPLATION

Banana...
...exercise

What's a good
exercise to start with?

A good beginner's
exercise is to walk
to work.

3. PREPARATION

Let's set up some simple goals:


Food Plan


Exercise Plan

4. ACTION


JOHN'S LUNCHBOX

5. MAINTENANCE

Now all I need to do is get into a routine
of eating healthy and maintaining a
regular exercise pattern.

