



IT'S TIME FOR THIS YEAR'S CHALLENGE

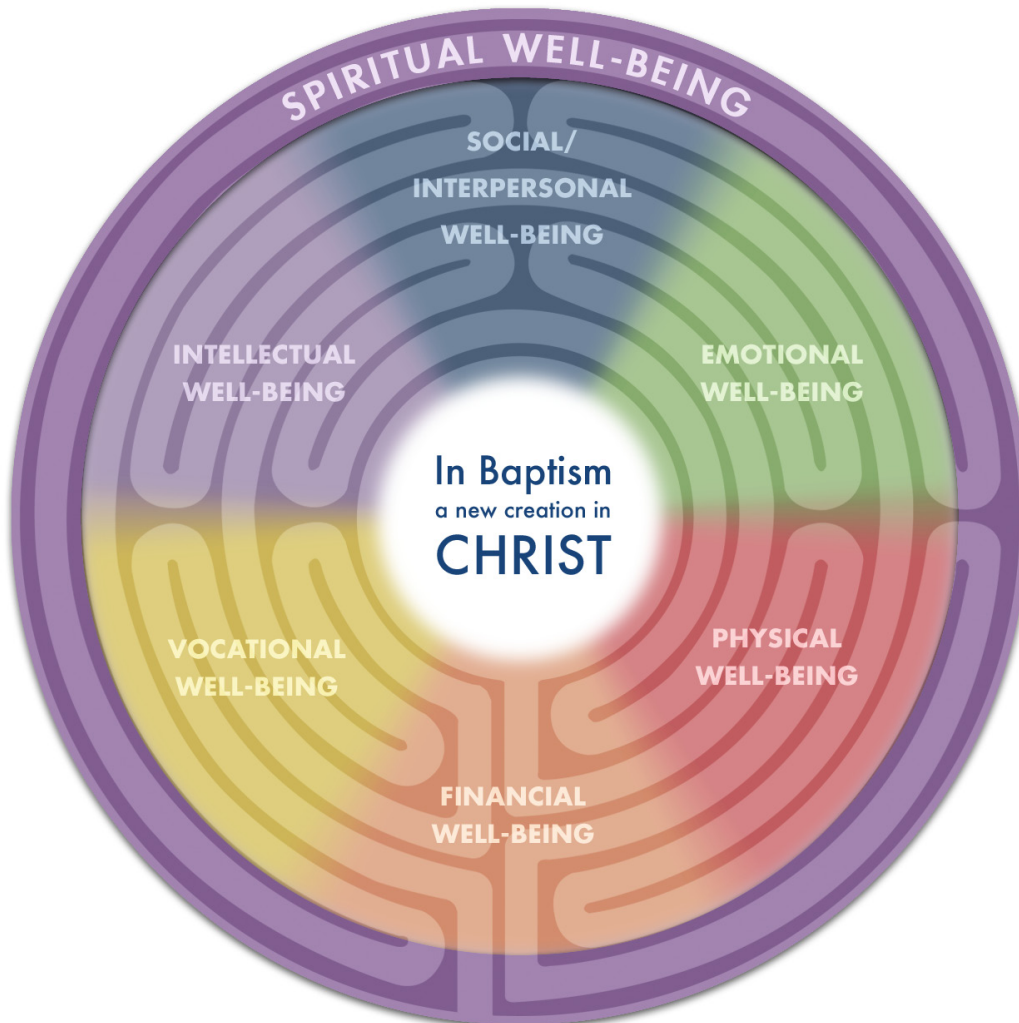


What If You Changed Just One Thing About the Way You Eat?

One small step leads to another. Stick with it, and you discover a rhythm. Over time, an intentional choice turns into a hardwired, healthy eating habit. This year, Portico's Make or Break activity challenges you to tackle one food-related habit for five weeks — long enough to make a good habit, or break a bad one.

ELCA-Primary health plan members and spouses, completing Make or Break helps you earn up to \$500 wellness dollars. Visit PorticoBenefits.org/go for details.

Walk Your Habit Through the Wholeness Wheel



Sit comfortably in a quiet place. Breathe deeply. Let go of tension in the shoulders, forehead, chest. If you wish, light a candle.

Place your finger at the entrance to the Wholeness Wheel labyrinth. Pause and invite Christ to walk with you.

Move your finger slowly along the path. Prayerfully consider how you'll practice your habit in each dimension of well-being. Pause to wrestle with difficult steps and embrace easy ones.

Rest in the center. Reflect with an open heart and mind on what God is nudging you to embrace on your journey to living well in Christ. Ask for what you need.

Return slowly on the same path. Affirm the steps you'll take to sustain your healthy eating habit.

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FIRST WEEK

Prepare for Change

- **Choose your habit.** Pick one habit from the list that you don't already practice. Ask yourself: *Why this habit?* Be clear about your reasons. Write them down or tell another person.
- **Visualize the change.** Use the finger labyrinth to consider how you'll follow the habit in different dimensions of your life.
- **Try it for one week.** Notice obstacles, sources of support, how you feel along the way. Make adjustments as you go.
- **Tap recommended resources.** Visit PorticoBenefits.org/go for articles and ideas to help you make or break a habit.

FOUR MORE WEEKS IN A ROW

Practice the Habit

- **Faithfully practice your habit.** Mark each day on your calendar. Take up to two days off per week. Continue until you've successfully completed four weeks in a row.
- **Don't worry if you have to start over.** Habits take time to learn or unlearn. Prayerfully walk the finger labyrinth and begin again.
- **After four consecutive weeks, report success.** Log that you completed Make or Break on the Mayo Clinic EmbodyHealth portal, elcaforwellness.org. While there, complete a short anonymous reflection to evaluate your experience and consider next steps.

Tips For Success

GET ORGANIZED — Stock your kitchen with healthy foods ... Get rid of temptations ... Download an app on your mobile device ... Set out a candle and prayerful meal instructions ... Find new recipes online ...

ENLIST AN EXPERT* — Consult your doctor ... Meet with a nutritionist ... Join Weight Watchers ... Read our recommended Mayo Clinic articles ...

MAKE YOURSELF ACCOUNTABLE — Tell a friend or loved one ... Download a tracking card from PorticoBenefits.org/go ... Share your intention at facebook.com/livewellelca ...

*Some services may require a fee.

Adapted from The Mayo Clinic Diet, ©2010 Mayo Foundation for Medical Education and Research. Used with permission.

This information is not a substitute for professional health care advice. Portico Benefit Services is not providing medical advice, diagnosis, or treatment. Each individual is responsible for his or her own health and medical treatment decisions. Talk with your doctor to determine the lifestyle changes and health care treatment options appropriate for you.

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CHOOSE ONE ✓

MAKE A HABIT



EAT PRAYERFULLY

Give thanks before each meal. Eat at a table, not in the car, at the computer or TV. Chew thoroughly. Pause to savor colors, flavors, smells. Print instructions at PorticoBenefits.org/go.

WHY? Slowing down during meals can promote gratitude, discovery, relaxation, and potentially even weight loss.



TRACK WHAT YOU CONSUME

Keep a record of everything you eat and drink during the day. Log portion size, calories, and nutritional content. Use a food diary, website, app, or other tool you choose.

WHY? By listing exactly what you eat, you can spot problem areas and stay accountable to goals.



FILL HALF YOUR PLATE WITH PRODUCE

Give fruits and vegetables the starring role at your main meal of the day.

WHY? You'll be closer to meeting the USDA's recommended five or more daily servings.



FUEL UP WITH A HEALTHY BREAKFAST

Start your day with a variety of whole grains, low-fat protein, low-fat dairy, fruits, or vegetables.

WHY? Eating breakfast can help you manage your weight and avoid overeating later in the day.

BREAK A HABIT



QUIT PROCESSED FOODS

Eat fresh or frozen food in its natural state. Plan meals in advance. Avoid the middle of the grocery store where many convenience foods are shelved.

WHY? Processed foods are often loaded with fat, sugar, calories, and salt — with few vitamins, minerals, fiber, antioxidants, or other nutrients.



DITCH UNHEALTHY SNACKS

Reach for fruit, vegetables, whole grains, nuts, seeds, or low-fat dairy products. Eliminate other snacks.

WHY? Typical commercial snacks often contain lots of calories but little nutritional value.



GO SUGAR-FREE

Eliminate foods with more than a tiny amount of added sugar — desserts, condiments, sweetened drinks, etc. If you want something sweet, eat fresh fruit.

WHY? Refined sugar has calories but no nutritional value. Yet it's increasingly part of the American diet, and a contributor to the increase in obesity.



NO UNHEALTHY BEVERAGES

Don't drink soda, sports drinks, or other sweetened beverages. Make water your beverage of choice.

WHY? Liquid calories can add up quickly without providing much nutritional value.