

HEALTHY HABITS

STAGES OF CHANGE

So you want to make a change?

It's a new year. Resolution time! New year new me...I will eat better, I will exercise! We get going, make some progress, but somewhere around June or July, it's all but disappeared. Why is this? No Motivation? No drive? No discipline? All of the above? To understand why we fail, we must understand first the stages of change. In my Nutrition Coach program, we first identify what the behaviors (or lack thereof) are contributing to failure. We then come up with a plan engaging daily behaviors until our change is achieved. All before we even talk about how much carbs to eat.

The four stages of change are Contemplation, Preparation, Action and Maintenance. Let's look at some key points for each of these stages. Are you where you want to be with your goals? Once you've done this you will know where you measure up and what the next level looks like. Let's get it.



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“I’m thinking about change.”

At this stage you might be thinking about changing your habits and you become motivated to get started.

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Stage 1 - CONTEMPLATION

You might be in this stage if:

- You are considering change but not yet ready to start
- You believe that your health and well-being will improve with new, healthy habits
- You are not sure how you will deal with roadblocks



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“I have made up my mind.”

You are creating a plan and thinking about specific tactics that will work for you.

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Stage 2 – PREPARATION

You might be at this stage if:

- You have decided about the change you want to make, and you are ready to take action
- You have set specific goals
- You are preparing yourself to take action



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“I have started to make changes.”

You are following the plan you set out to achieve your goals.

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Stage 3 – ACTION

You might be at this stage if:

- You have been making changes to your eating and activity habits in the past 6 months or so.
- You are adjusting to how it feels to eat healthier and move more
- You have been working towards overcoming the things that hold you back



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“I have a new routine.”

You have become used to your new changes and been consistent with them for more than 6 months.

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Stage 4 – MAINTENANCE

You might be at this stage if:

- The change has become a habit
- You have discovered different ways to stick with your new routine
- You have had setback, but you have been able to get past them

