

Live Healthy Away From Home



Staying healthy can be a real challenge when you're living away from home. It's an even bigger challenge if you have a roommate.

Tips for maintaining healthy eating habits

- ▶ Plan a weekly menu with healthy recipes you like. Include healthy snacks.
- ▶ Use your menu to make a grocery list.
- ▶ Schedule time to prepare healthy food.
- ▶ Plan ahead for vacations, parties, and holidays.
- ▶ Keep track of your RED foods.
- ▶ Limit the number of times you eat out at restaurants and fast food places.

Tips for maintaining healthy physical activity habits

- ▶ Schedule time for doing GREEN activities -- even during trips and holidays.
- ▶ Build lifestyle activity into your day. Try taking the stairs instead of the elevator.
- ▶ Plan ahead for changes in weather. Use an unexpected change to try something new.
- ▶ Be realistic. Don't make a plan you are not likely to stick with.
- ▶ Invite friends to do physical activity with you.

How to make it work with others

- ▶ Start by buying and cooking your own food when sharing a kitchen.
- ▶ Talk to your roommate and friends about your plans to be healthy.
- ▶ Explain why you need to eat healthy and do physical activity. Tell them how you plan to do it.
- ▶ Talk to your roommate about ways she can support you.
- ▶ Later, once your roommate understands how to help, you may choose to shop and cook together.

Additional resources

- ▶ Shopping and Cooking—It's All in the Planning: LC 6
- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8
- ▶ Healthy Cooking: LM 11

Suggested activity

Make a recipe book that includes three healthy breakfasts, lunches, dinners, and snacks that you like to eat. Use these when you plan your weekly menus. Try to add 1-2 new recipes each month.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



Live Healthy Away From Home



Especially for the Family Support Person

How can I help her maintain healthy habits when she lives away from home?

Make sure she:

- ▶ Practices cooking before she leaves home.
- ▶ Takes favorite recipes with her. You could help her make a recipe book.
- ▶ Plans meals for the first two weeks before she leaves home.
- ▶ Knows how to make healthy choices at cafeterias, vending machines, and restaurants.
- ▶ Can problem-solve barriers as they arise.
- ▶ Gets your support for setting healthy eating and physical activity goals.

What about the RED food snacks her roommate eats? She sees them and wants to eat them. What should I say?

- ▶ Let her know that this can be hard. Assure her it's a challenge she can overcome.
- ▶ Ask her:
 - ▶ Has she talked about the problem with her roommate? What was said?
 - ▶ How has she tried to limit her eating of RED food snacks?
 - ▶ Does she have healthy foods and snacks of her own that she likes?
- ▶ What are the barriers to success? How has she dealt with them?
- ▶ Problem-solve with her. Try to come up with a plan that she thinks might work.
- ▶ Praise and encourage her for her efforts.

Additional resources

- ▶ Making Your Home a Healthy Place: LC 6
- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8
- ▶ Healthy Cooking: LM 11

Suggested activity

Help her practice making weekly menus, shopping for healthy foods, and cooking for herself before she leaves home. Help her make a recipe book to take with her. Check to see how she is doing through weekly family meetings on the phone.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight

