

# Weight-Proofing Your Home

## Environmental Improvements

Create a health-friendly home by making the following changes:

- Get rid of the remote.
- Make your computer screen saver something that motivates you.
- Keep televisions and computers off during meals.
- Purge the cupboards of high-fat, high-calorie foods and other temptations (or at least put them in opaque containers on the top shelf of the cupboard).
- Have everyone participate in household chores; this will keep the family more active and give the adults more time for meal planning and physical activity.
- Eat at home instead of at restaurants.
- Have fruits and vegetables prepared and up-front and center in the refrigerator.

## Shopping List Suggestions

### Items for Your Kitchen

- Opaque storage containers
- Small storage containers
- Vegetable preparation tools (choppers, peelers, and graters)
- Nonstick countertop grill (such as a George Foreman grill)
- A nice basket or bowl to place fresh fruits and vegetables on the kitchen table
- Various gourmet mustards and salsas
- Low-calorie treats (such as sugar-free fudge bars or 100-calorie packs of popcorn)
- Meal replacements if portions or last-minute choices are a problem for you
- Fresh herbs for the windowsill

## Physical Activity Aids

- Walking shoes and rain gear
- Bicycles, jump ropes, and balls
- Treadmill, stationary bike, or elliptical trainer
- Light weights

## Motivational Materials

- Posters and magazines that inspire you
- Before and after photos
- Inspirational sayings

## Aids for Nurturing Yourself

- Bath salts and other “self-soothers”
- Lavender spray for pillows to de-stress
- Chamomile tea
- Candles
- Soft music

## Tools to Monitor Your Progress

- Smart phone or tablet for record keeping and accessing information
- Full-length mirror
- Digital scale
- Calorie book