

# YOU CAN CHANGE YOUR BEHAVIOR!

Health and Wellness begins with behavior choices that you make. Some key concepts to learning how to make the right decisions include:

- Establishing SMART Goals



- Identifying triggers and rewards to habitual behaviors



- Knowing ahead of time how you will successfully deal with challenges

- Keeping yourself in the right mindset

- Being mindful



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Upland Unified School District is offering a course called Nutrition for Personal Health and Wellness: 5 Week Course for a Better Life. In this class you will learn all of the components of behavior change as well as information on nutrition.

The pilot program of this course met 5 times. The goals of the course were to provide actionable items on how to change behaviors related to dietary goals, provide nutritional education and recipes and to improve eating habits. The participants of the first course showed significant improvements in their ability to eat well and manage their behaviors around food choice. There was overwhelming positive feedback for the course. The graph below shows the difference in pre and post test scores for the participants.

If you are interested in making a change contact Upland Unified School District to sign up for the next available course!

