

# Breaking a Habit

Have you tried breaking a habit?



Here I am, eating chicharrones in front of the TV.

Notice how bad I look.



Have you ever kept doing the same thing over and over again, even though you know it is bad for you?

You are not alone!



Lots of people are in the grip of unhealthy habits.

Let me tell you, there is a way to break them!



Here is what I learned at the NDPP class:

When we respond to a food cue in the same way over and over, we build a habit. You can learn how to replace an unhealthy habit with a healthy one. Changing unhealthy habits requires us to take control and stay in control.

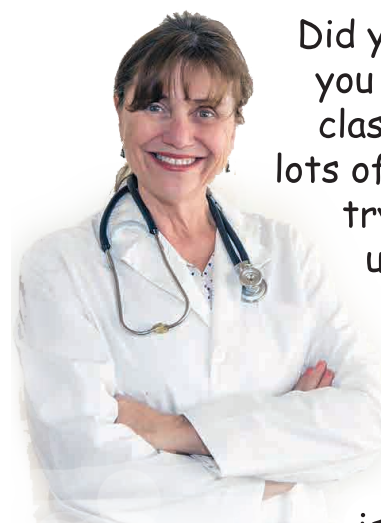
Try these 4 steps to start breaking an unhealthy habit:

**1) Ask yourself: What makes you want to do the unhealthy habit? This is called a cue.** For example, do you want to eat every time you sit and watch TV? Watching TV is your cue. Figuring out your cues makes you more ready to change.

**2) Instead of going from cue to action, STOP and THINK before you eat that chicharron.** You can choose a healthy food like a piece of jicama or cucumber slices with chile and lemon! You can get up and walk in place. You can do something with your hands like knit or lift weights. Try to replace the chicharron with something healthy!

**3) Are you ready to make a change? If so, make a plan.** Write it down. Writing down your intentions increases success!

**4) Commit yourself. Tell a friend you want to break a habit.** Research shows that if you tell someone your intentions, your chances go up for success!



Did you know that if you take the NDPP class you will meet lots of people that are trying to change unhealthy habits into healthy habits? One of the great benefits of these classes is social support.

**It works! Try it! Call today! The classes are free!**

To learn more about pre-diabetes and to sign up for the **FREE NDPP class**, call **1-888-773-4771**.