

Advantages and Disadvantages

Taking Stock of Advantages and Disadvantages

Before making lifestyle changes, it's a good idea to consider your motivation and understand the reasons why committing to a change is a challenge.

Change is hard, especially when it comes to changing your lifestyle. Oftentimes, it's easier to remain in unhealthy patterns because they feel comfortable to manage and predict. Humans are creatures of habit, but you can break through those habits and forge new paths that lead to better physical health and mental mindsets.



Advantages and Disadvantages

Advantages and Disadvantages Exercise

Readiness check! On a scale from 1-10, how ready are you to make a change to your nutrition and exercise habits? Circle your answer:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Next, check off the advantages and disadvantages that might apply to you. Then, add some of your own next to the blank boxes.

Advantages	Disadvantages
<p>What are the anticipated advantages of making better choices toward whole body health? What are the advantages of exercising?</p> <p>I'm hopeful that:</p> <ul style="list-style-type: none"><input type="checkbox"/> Eating healthy foods will improve my health risks.<input type="checkbox"/> Eating healthy foods will bring me more energy.<input type="checkbox"/> I can develop more constructive ways to manage my stress.<input type="checkbox"/> I can introduce the people in my life to healthy food.<input type="checkbox"/> Making good choices for my body shows that I care about my health and wellbeing.<input type="checkbox"/> I can engage in many activities with other people that support my health.<input type="checkbox"/> I can embrace intimacy and build healthy relationships.<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>	<p>What are the anticipated disadvantages of making better choices toward whole body health? What are the disadvantages of participating in exercise?</p> <p>I'm worried that:</p> <ul style="list-style-type: none"><input type="checkbox"/> It's hard, and there's a good chance I could fail.<input type="checkbox"/> I'll have to fight with constant cravings and temptations and operate in a state of deprivation.<input type="checkbox"/> I won't be able to go to restaurants with my friends.<input type="checkbox"/> I'll have to say "no" (or maybe hurt other people's feelings) if my friends ask me to participate in activities that conflict with my diet and exercise goals.<input type="checkbox"/> I have to cut out doing things I like. I won't be able to eat all the foods I enjoy or participate in activities I would otherwise do if I weren't exercising.<input type="checkbox"/> Even if I lose weight, I might gain it back later on.<input type="checkbox"/> Exercise is uncomfortable, painful, and I don't like it very much.<input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>

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“My Why” Exercise

Given the advantages of eating well and exercising to improve your whole body health and the disadvantages and hassle of dieting and exercising, what motivates you to change? Think in terms of your overall lifestyle. What do you want your life to look like in five years? Ten years? Why is that vision so important? What’s your WHY?

Let’s check your readiness again!

On a scale from 1-10, how ready are you to make a change to your nutrition and exercise habits? Circle your answer:

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Finding the Why

Now that you’ve reviewed your “why,” take some time to read Janet’s story. Consider how Janet’s “why” relates to yours.

