

Prayerfully Commit to a Healthy Habit this Lent

Sit comfortably in a quiet place.

Breathe deeply. Let go of tension in the shoulders, forehead, chest.

Place your finger at the entrance to the labyrinth. Pause and invite Christ to walk with you.

Move your finger slowly along the path. Prayerfully consider how you'll practice your habit in each dimension of well-being. Pause to wrestle with difficult steps and embrace easy ones.

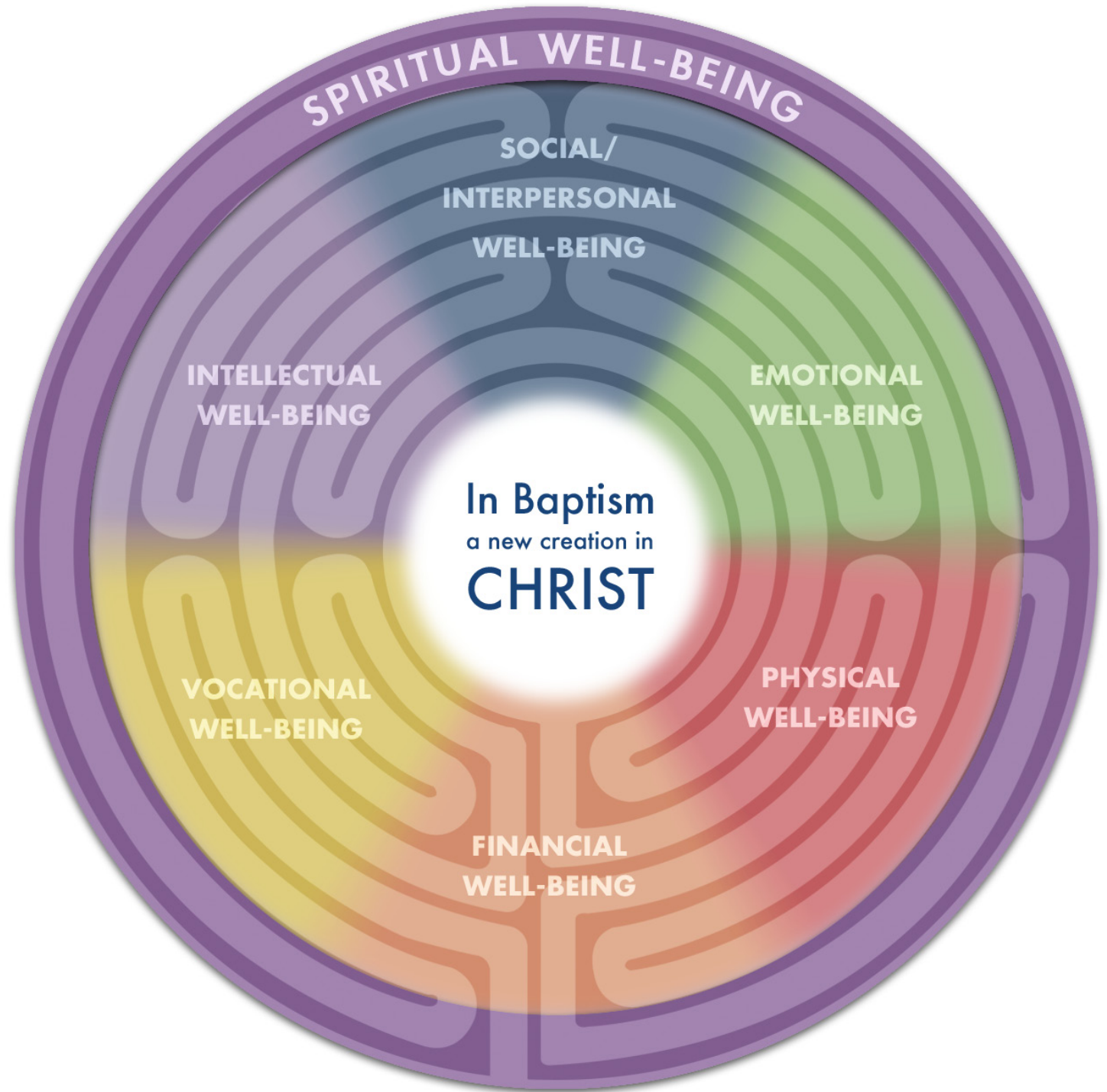
Rest in the center. Reflect with an open heart and mind on what God is nudging you to embrace on your journey to living well in Christ. Ask for what you need.

Return slowly on the same path. Affirm the steps you'll take to sustain your healthy habit.

Adapted from the Lenten Make or Break activity. Visit PorticoBenefits.org/wellness for more.

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What If You **Changed** Just One Thing About the Way You **Eat**?

Experience how one change can improve your health and, in turn, deepen your ability to live out your faith. Visit PorticoBenefits.org/wellness and try the Lenten Make or Break wellness activity.

MAKE A HABIT



EAT PRAYERFULLY

Give thanks before each meal. Eat at a table, not in the car, at the computer or TV. Chew thoroughly. Pause to savor colors, flavors, smells. Print instructions at PorticoBenefits.org/wellness.

WHY? Slowing down during meals can promote gratitude, discovery, relaxation, and potentially even weight loss.



FILL HALF YOUR PLATE WITH PRODUCE

Give fruits and vegetables the starring role at your main meal of the day.

WHY? You'll be closer to meeting the USDA's recommended five or more daily servings.



TRACK WHAT YOU CONSUME

Keep a record of everything you eat and drink during the day. Log portion size, calories, and nutritional content. Use a food diary, website, app, or other tool you choose.

WHY? By listing exactly what you eat, you can spot problem areas and stay accountable to goals.



FUEL UP WITH A HEALTHY BREAKFAST

Start your day with a variety of whole grains, low-fat protein, low-fat dairy, fruits, or vegetables.

WHY? Eating breakfast can help you manage your weight and avoid overeating later in the day.

BREAK A HABIT



QUIT PROCESSED FOODS

Eat fresh or frozen food in its natural state. Plan meals in advance. Avoid the middle of the grocery store where many convenience foods are shelved.

WHY? Processed foods are often loaded with fat, sugar, calories, and salt — with few vitamins, minerals, fiber, antioxidants, or other nutrients.



DITCH UNHEALTHY SNACKS

Reach for fruit, vegetables, whole grains, nuts, seeds, or low-fat dairy products. Eliminate other snacks.

WHY? Typical commercial snacks often contain lots of calories but little nutritional value.



GO SUGAR-FREE

Eliminate foods with more than a tiny amount of added sugar — desserts, condiments, sweetened drinks, etc. If you want something sweet, eat fresh fruit.

WHY? Refined sugar has calories but no nutritional value. Yet it's increasingly part of the American diet, and a contributor to the increase in obesity.



NO UNHEALTHY BEVERAGES

Don't drink soda, sports drinks, or other sweetened beverages. Make water your beverage of choice.

WHY? Liquid calories can add up quickly without providing much nutritional value.