

The Magic of Monday!

How many times have you heard or even said “I am going to start– *my diet, to exercise, to quit smoking, to eat healthier* on Monday!”

Research conducted by Johns Hopkins shows people view Monday - more than any other day of the week--as the best day to kick start healthier choices and behaviors. Monday represents a special unit of time in our culture, and is viewed as the start of a brand new week. And the best part--there are 52 chances to try to kick off your week right! Change takes time and small steps - sometimes three steps forward and two steps back. The “Healthy Monday Campaign” lets us know that we can be forgiven for falling off the wagon and that the critical component of change is to keep trying and keep those health goals in front of you.”

Healthy Monday is a national initiative to help reduce chronic preventable diseases by offering weekly prompts and programs to support people and participating organizations in starting and sustaining healthy behaviors.

The basic principle of Healthy Monday can be summed up in the simple slogan – ***Monday – the day all health breaks loose!*** This simple premise offers people a weekly prompt to start and sustain healthy behaviors. The idea to use Monday to anchor our health habit change is brilliant and has been shown to be extremely successful for many Americans who have been participating in the project since 2002.

So how do you get started? Think about what health goals you want to accomplish? Whether you’re looking to move more, eat better, beat stress or just stay healthy, establishing both long-and short-term targets will help keep you focused. A long-term goal can be something to work towards, like getting 2 ½ hours of activity every week or eating 5 servings of fruits and vegetables each day. Short-term goals are the smaller actions you take to build up to your objective, like walking for 15 minutes every day or eating a piece of fruit at breakfast each day. Think about your long-term goal and brainstorm some smaller steps to get there. Then, take action each Monday: when you have mastered one step, move on to the next!

The campaign offers a variety of suggestions – Meatless Monday, Kids Cook Monday, Move it Monday and more so if you need additional ideas or support visit <http://www.mondaycampaigns.org/> or stay tuned to the Central Sierra UCCE newsletter and website.