

Week 12 Challenge: Celebrate Your Success

So here you are! Congratulations! You have successfully made it through the I Can! Challenge. Take a moment to congratulate yourself on your accomplishments. Call a friend or family member, jump up and down, shout “I did it!” out the window, whatever you decide, mark this new starting point in your life!

This final week of the I Can! Challenge is about celebrating your success! Take a look back on all you’ve accomplished over the past 11 weeks. Think about how many tools you’ve received to keep your healthier lifestyle going. It’s important to carry on the healthy habits you’ve learned, and to continue to challenge yourself with new goals and activities. Keep up the good work!

Use These Resources to Complete Your Action Items:

- *I Can! Challenge Recap*
- *Keeping It Up! Tips*
- *Get Support!*

Your Action Items this Week

- Review the I Can! Challenge Recap, think of all you have done, and focus on how you feel about your accomplishments.
- Complete the **Keeping It Up! Worksheet** in your workbook (page 46).
- Complete the **I Will! Challenge Worksheet** to create your own Challenge in your workbook (page 47).
- Complete the **My Success Story Statement** in your workbook (page 48).
- Reward yourself for your accomplishment and how far you’ve come.
- Set up the support you need to continue your healthy lifestyle.
- Become an I Can! Challenge Facebook fan!

Use the Week 12 Challenge Tracker to track your progress.

Step up to the Challenge and say, “I Can!”

I Can! Challenge Recap

Over the last 11 weeks, you have successfully completed all of the following!

Week 1:

- Identified your short and long-term goals
- Prioritized your goals
- Identified possible barriers
- Completed your very own Goal Setting Worksheet

Week 2:

- Learned portion control tactics and eating distraction techniques
- Learned Heart Healthy Shopping
- Practiced using the rate your plate system
- Planned healthy snacks
- Learned how to read nutrition labels



Week 3:

- Learned ways to stay on course with healthy eating while dining out at sit-down and fast food restaurants
- Learned about the Colorful Plate and why each colorful food listed is good for you
- Separated food myths from food facts

Week 4:

- Incorporated at least 3 different exercises into your weekly routine
- Kept a Physical Activity Log
- Calculated your resting heart rate and post-workout heart rate every time you exercised
- Did at least 10 minutes of physical activity every day

Week 5:

- Looked into signs and causes of stress
- Received tips for relieving stress
- Learned about depression and signs of depression
- Obtained resources for depression and learned how to get help and treatment for it

Week 6:

- Reached the half-way point!
- Re-evaluated the goals you set in week 1
- Learned about what barriers were holding you back and ways to break through them!

Week 7:

- Learned how to prepare for your doctor's visit
- Figured out what to take to your doctor's visit
- Learned how to communicate effectively with your health care team
- Identified the questions you want to make sure you ask

Week 8:

- Learned how tobacco and alcohol use affects those with diabetes and heart disease
- Received tips for reducing or cutting out tobacco and alcohol completely



Week 9:

- Stepped up your physical activity level by increasing your activity time, strength training, and workout variety
- Learned different ways to get exercise in throughout the day!

Week 10:

- Learned more about CAD, CHF, and Diabetes
- Gained a greater understanding of medical terms
- Learned how to find good web sites for health information

Week 11:

- Visited www.Aligning4HealthPA.org to learn about your doctor's quality care rating
- Learned what quality health care is, how it's important to you, and ways to find out if you are receiving it
- Learned what to do with quality health care information you find
- Found additional resources for health care quality information

Keeping It Up Tips!

Healthy habits are important for those diagnosed with diabetes or heart disease and the process of making healthy habits permanent takes place in stages. The process can take some people longer than others, so be forgiving and flexible with yourself when you feel discouraged. The key to staying motivated is to frequently review the goals you have set and to replace them with new ones as you complete them.

Keep It Up System

The overall goal of keeping up a healthy lifestyle is often overlooked. Your first step should be to focus on the fact that your ultimate goal, at all times, is to be healthy and feel good. Remember that you will experience obstacles, barriers, and setbacks – it's a reality and will happen. Remember the strategy you learned to anticipate possible barriers, come up with prepared solutions, and apply them.



To keep up your healthy habits, it is important to take a mentally firm approach toward sustaining your healthy lifestyle and improving it. The old saying “mind over matter” holds true here. Do this by first thinking about habits that you know will fit in well with who you are and how you live. Think of factors like your strengths and the difficulty of the new habit. Find a certain time in your schedule that is just for your new healthy habits, whether it's ‘every morning before my shower’, ‘during my lunch break’, or ‘weeknights at 8.’

Be honest with yourself and make goals for each week, month, or year and look at them daily to motivate yourself.

Keep It Up Steps

1. **Find the reasons!** Why are you doing what you're doing? If you ever feel stuck or unmotivated, think of the payoffs you will receive as a result of making these changes. It may take some time for them to come to you, but keep at it until you realize them and they will bring your motivation back. It may take some time to see the results of your hard work, but when you do you will feel even more motivated.



Some examples of good reasons:

- Personal gain - you will learn something new or improve yourself in a certain way.

- Family – to set an example for your children or have a longer, healthier life for your grandchildren.
- Feeling of accomplishment – you will be able to walk away feeling great about finding the motivation and courage to improve yourself.

2. **Make it fun!** Attitude is everything and if you enjoy something, it makes it easier to stick with it! Ask yourself a few questions, such as:

- How can I enjoy keeping up this healthy habit?
- What can I do to make this habit fun for myself and for others?
- How can I make this habit be the best part of my day?

3. **Mix It Up!** Take a different approach. If you really want to accomplish your goal or maintain your healthy habits that you have worked so hard to start, there is always a way! Usually, there is more than one way. Maybe focus on one aspect of your health for two weeks, another for a week, and a few for the next week. Keep yourself on your toes so you don't get bored with being healthy! Make being healthy fun!

4. **Think positive!** Practice positive thinking and replacing negative self-talk and thoughts with good messages. Remember that people who set short and long term goals, get support from others, overcome barriers, and reward themselves have a greater chance of maintaining healthy habits.



5. **Give yourself credit!** Recognize your progress and remember that everything you have been working on can be easily broken down into smaller goals. Most people want changes to come all at once, but that's not the reality of it. It's important to always take small steps and recognize the progress you have made.

And, don't forget to reward yourself for this big accomplishment! Also, be sure to complete your Week 12 Worksheets!

Get Support!

More success will come your way if you have the support of others. Having a good support system will also help you keep going! These people will give you support and cheer you on. They will also hold you accountable/responsible for staying healthy. If you feel like giving up or going back to your old ways, remember that you will have to answer to the members of your support system. You don't want to let them down, do you?

Visit our **Resource Page online and in this guide** for more information on support groups, such as:

- Diabetes support groups
- Heart Disease support groups

Other ways to get support are also through:

- Exercise classes
- Nutrition groups such as Weight Watchers®
- Form your own team!
- I Can! Challenge blogs and Facebook page

