Are You Ready?

We can help you begin making healthy lifestyle changes in the areas of:

- Healthy Eating
- Physical Activity
- Tobacco Use

Talk with someone on your healthcare team to learn more about resources and helpful action steps.

Visit mshrewsberry@marshall.edu

Robert C. Byrd Center for Rural Health at Marshall University
1600 Medical Center Drive
Suite 1400
Huntington, WV 25701-3655

Developed by

With thanks to the Robert Wood Johnson Foundation Advancing Churches Working to Promote Innovative Ways to Help People Experience the Benefits of Taking Control of Their Diabetes and Other Chronic Diseases.

Art by Mary Hurst

Making lifestyle changes can be challenging but very beneficial to your health.
Balance Your Plate

Choose to Move

Kick the Habit

Eat fruits and vegetables and reasonable portions of high fiber and lean protein foods.

30 minutes of physical activity most days of the week.

No tobacco products of any kind.

I'm not ready to make healthy changes to my diet.

I'm thinking about trying to make healthy changes.

I'm ready to make healthy changes.

I'm currently eating a healthy diet.

I'm not active and am not thinking about becoming physically active.

I'm thinking about becoming more physically active.

I'm ready to start increasing my physical activity.

I already do.

I'm not ready to quit using tobacco.

I'm thinking about trying to quit using tobacco products.

I'm ready to try quitting using tobacco products.

I am not using tobacco products of any kind.