

Obesogenic
Choices that make you fat

vs.

Leptogenic
Choices that help keep you thin

Add an (O) or an (L) as an answer

- | | |
|--|-----|
| Eating a substantial breakfast every morning | () |
| Having three meals per day | () |
| Using the stairs when possible | () |
| Having only Coffee or Orange Juice for breakfast | () |
| Parking far away from the store and walking | () |
| Watching TV after 10:00 PM nightly | () |
| Taking a short power nap (5 minutes) when tired | () |
| Taking a nap in the afternoon | () |
| Exercising 5 – 7 days weekly | () |
| Eating more pasta and rice | () |
| Enjoying eating out at least 4 to 5 times weekly | () |
| Choosing a salad with chicken instead of a hamburger | () |
| Getting 4 to 6 hours of sleep | () |
| Getting 7 to 8 hours of sleep | () |
| Eating fish at least 2 to 3 times a week | () |
| Finishing your meal with dessert | () |
| Eating more fruits and vegetables | () |
| Drinking more caffeinated or carbonated drinks | () |
| Drinking more diet soda than water | () |
| Drinking at least 8 glasses of water per day | () |
| Keeping a journal – food, attitude, exercise, etc. | () |

- Choosing healthy-minded friends ()
- Eating lots of protein in the form of meat ()
- Having a midday candy bar to get you through till dinner ()
- Wearing a pedometer daily and tracking your steps ()
- Wearing clothes with elastic waistbands ()
- Monitoring your weight weekly ()
- Planning ahead for your body's daily fuel ()
- Choosing potato chips as a snack ()
- Eating 5 to 6 small, low-fat meals daily ()

Habits of Health or ***Habits of Disease***, the ***choice is yours.***

Assessment – answers in Dr. A's book: "Discover your Optimal Health."

Or ask your health coach.

Together (by knowing Habits of Health and Dis-ease) i Can

Michael McCright – Togetherican.com – 03/2015

July 2018 week 3