ACCOUNTABILITY 101
How to stay motivated while working towards your goals!

June 24, 2020
The new world of social distancing has changed our relationships with FOOD and led to new challenges for HEALTHY EATING. Join us for a quick and interactive ZOOM session with Duke Dietitians, as we share ideas, information, and discussion.

Check out our new website: https://hr.duke.edu/wellness/nutrition-programs/food-matters-webinars
What do we mean by Accountability?

- Accepting responsibility for making change
- Having a satisfactory reason or meaning for what you want to achieve
- Break through the circumstances that are holding you in place
- Having a method to keep track of your progress
- Including others as a support system
Poll: What things help you stay motivated?

1. Having a specific goal to work towards
2. Having another person do it with me
3. Have someone check in with me on a regular basis
4. Incentives/rewards for meeting my goal
5 Tips on Making Lifestyle Changes

from the American Psychological Association

- 1. Lifestyle change is a process
- 2. Start small
- 3. Change one behavior at a time
- 4. Involve a buddy
- 5. Ask for support

https://www.apa.org/topics/lifestyle-changes
Lifestyle Change is a Process

- Long-term lasting change takes time and commitment
- Don’t expect or plan for a “quick fix”
Start Small
Change one Behavior at a Time

- Choosing a realistic goal will help you be successful and motivate you to continue to make changes
- Trying to change more than one behavior at a time can lead to frustration and feeling overwhelmed
Involve a Buddy

- Find a friend, neighbor, coworker or family member to walk with you on your journey
- Help to motivate you and keep you accountable
- Having someone on this journey with you can make it less intimidating as well as more fun!
Ask for Support

- Making changes is not easy, especially if you try to do it alone
- Accept help from people who will support you and listen
- If you don’t know where to start or feel overwhelmed, don’t be afraid to ask for support from a health professional
- Live for Life is a free resource for all Duke employees
Write it Down

- Putting your goal in writing increases the likelihood it will happen
- Makes your intention official – you aren’t just thinking about it anymore
- Serves as a regular reminder about what you set out to achieve
Incentives

- Increase your motivation by working towards a bigger good. Consider raising funds for a charity or organization that is meaningful to you.
- Celebrate your success along the way. When you achieve your goal treat yourself (massage, pedicure, workout clothes, new book, etc.)
Track Your Progress

- Many different methods
- Helps to see the big picture
- Motivating to see how far you’ve come
Are You Up for a Challenge?

Challenges can help individuals and groups of people stay motivated to complete health and fitness goals.
Workplace Challenges

Get your coworkers in on the fun!

- Promote healthy behaviors in the workplace
- Work together for a common goal
- Power in numbers!
- Involving others increases motivation
Duke Wellness Challenges

Run/Walk Club
- Run or walk on your own and track your progress online
- Different training levels to fit your needs
- Weekly emails to help you stay on track
- Leaders available to answer questions
- Earn up to $120 Live for Life dollars
  - [https://hr.duke.edu/wellness/runwalk-club/independent-program](https://hr.duke.edu/wellness/runwalk-club/independent-program)

Take Ten
- "Energize your Workday" program
- Participate in physical activity twice a day for 10 minutes each
- Choose between Stretch, Walk or Run options
- Record your progress online
- Earn up to $260 Live for Life dollars
  - [https://hr.duke.edu/wellness/exercise-fitness/take-ten-energize-your-work-day](https://hr.duke.edu/wellness/exercise-fitness/take-ten-energize-your-work-day)

Take the Stairs
- Stair-stepping program to help you increase your physical activity
- Log the stairs you climb and submit online
- Work towards different levels – 1 Mile, 5K, 10K, Half-Marathon, Marathon
- Earn up to $120 Live for Life dollars or Live for Life prizes
  - [https://hr.duke.edu/wellness/exercise-fitness/take-stairs](https://hr.duke.edu/wellness/exercise-fitness/take-stairs)
Fitness Challenges

Walk with a Doc
- Join a walk near you with a local doctor
- Walk as a group on a set date/time each month
- Free!
- Includes brief discussion on health topic

Plank Challenge
- Free 30 Day Challenge to increase core strength
- Check off days as you complete them.
- See your progress

Upcoming Walks:
Walking the 2nd Tuesday of every month at 5:30 PM, rain or shine!
Duke Family Medicine Center to Sarah P. Duke Gardens

Click on the icons to check out the websites
Fitness Challenges

How it Works

• Walk, bike, or swim miles to complete your personal challenge
• Make it a group effort by completing a challenge with others
• Solo Missions – free for 30 days: $23.99 per year.
• https://www.myvirtualmission.com/

Example Challenge

• Durham to Emerald Isle
• 169.3 Miles
• Solo mission –
  • Complete by Sept 24, 2020 (three month mission)
  • 1.7 miles per day
• Group mission – decrease the time frame
  • 30 day mission
  • Share mileage with 3 co-workers
  • 1.8 miles per day

Click on the map for a quick video!
Fitness Challenges

Virtual Challenges

• Mode of your choice - Walk, bike, swim, row
• Log miles with Fitbit, Under Armour, Apple Watch or Strava
• Map your progress along the way
• Entry + Medal $29.95 (additional options with apparel)

Click on the icon to go to the Conqueror website
Fitness Challenges

Free challenges in many different capacities

STRAVA

If you like hiking create your own challenge by committing to a certain number of hikes per week/month. AllTrails contains descriptions, pictures and ratings of trails near and far.
Healthy Habits Challenges

Challenge yourself in a variety of ways – Mental Health, Fitness and Healthy Eating

21-Day Healthy Habits Challenge

**DAY 1**
Lay out your clothes the night before

**DAY 2**
Set an alarm to check your posture throughout the day

**DAY 3**
Talk to your physician about what vitamins you may need

**DAY 4**
Meditate or practice deep breathing for 10 minutes

**DAY 5**
Sleep 7-9 hours each night

**DAY 6**
Start your day with a glass of water

**YMCA 30-Day Challenge**

**The Challenge:**
- Drink 64 ounces (8 cups) of water each day for 30 days
- OR: Divide your body weight (in lbs) in half and aim to drink that many ounces of water each day

**Tips:**
- Have a friend do it with you!
- Buy a new water bottle with ounces listed on the side (or write them on with a Sharpie)
- Drink a glass of water with each meal

Click the image to download the Water Challenge log
Sugar – Aim to Reduce Added Sugar

EatingWell Slash your Sugar Challenge

▶ Reduce your sugar consumption by making one change each day

▶ Examples:
  ▶ Use spices and extracts to flavor your foods, not sugar
  ▶ Hold the sugar in your coffee or tea
  ▶ Check the label on your condiments

▶ Includes recipe ideas for low-sugar options

Click the image to Check out the Challenge!
The Challenge:
- Eat 5-10 Servings of fruits and veggies per day
- Focus on eating the colors of the rainbow too.
- Extra points for water consumption and smoke free days

Tips:
- Get others involved – ask family, friends, co-workers, neighbors to join in
- Be creative – extra points for trying new recipes, posting pictures of your daily servings

Click the image to download the Challenge
Thank you!

Food Matters Website:  https://hr.duke.edu/wellness/nutrition-programs/food-matters-webinars

  https://hr.duke.edu/wellness/nutrition-programs
  www.healthy.duke.edu