

**Small Changes for Health 2006**



Week 10



So was your mother right? Is breakfast really the most important meal of the day? It seems that once again mom knows best. Ever tried skipping breakfast and ended up irritable, light-headed, or unable to concentrate? This happens because you have not given your body any fuel, namely glucose, which means you are running on empty. Glucose is the brain and nervous system's most efficient source of energy, and is needed to perform

a variety of tasks from speaking to typing. Skipping out on this important fuel source by not eating a healthy breakfast is not the best way to start your day. To help you with this week's small change, set your alarm a few minutes early and start your day with a healthy breakfast. This will give you more energy than a few extra minutes under the covers ever could!

**Your Small Change: For this week, eat a healthy breakfast every day this week.**

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 10

**Your Small Change: For this week, make sure you eat a healthy breakfast everyday this week.**

1. How many days did you do this activity? (Circle number of days below)

1    2    3    4    5    6    7

2. How hard was it to accomplish? (Check your answer below)

Very Easy     Somewhat Easy     Neutral     Somewhat Hard     Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes     No

4. Other Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.**

