

RSI Wellness Watch



Stages of Change for a Healthy New You

Have you ever tried to give up a bad habit *or incorporate a new healthy habit* only to find yourself quickly reverting to your old ways? Whether you are trying to lose weight, quit smoking, or improve your health in some other way, it can be a challenging and frustrating process.

That is why it's important to identify ourselves with The Stages of Change, a theory originally developed in the late 1970's and early 1980's by James Prochaska and Carlo DiClemente at the University of Rhode Island. Realizing which stage we fall in will set a strong foundation to provide an effective action plan for sustained health improvements.

Unlike fads, such as the latest diet or pill promising a quick-fix, improving your health requires commitment to a permanent change in lifestyle. While many of us start off strong in this change process, we often get off-course and find ourselves back to our unhealthy ways.

Next time you decide to kick a bad habit *or invent a new & healthy one*, remember the Stages of Change.

STAGE ONE: Precontemplation –

“I like the way my clothes smell like Marlboros.”

You have no intention of making any lifestyle changes.
You do not feel that any changes are needed.

STAGE TWO: Contemplation –

“I’ve been coughing up a lung lately.”

You recognize the problem and are weighing the benefits and costs of the behavior and the proposed change.

STAGE THREE: Preparation –

“Lots of people have quit; I can, too.”

You begin to make plans for change and start to experiment with modifications that work for you.

STAGE FOUR: Action –

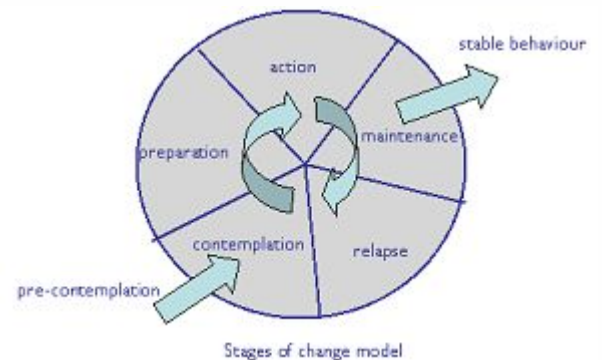
“Honey, I enrolled in a smoking cessation plan today.”

You start taking definitive actions to modify the behavior.

STAGE FIVE: Maintenance –

“I have not smoked in years, and I feel great!”

You have successfully reached and sustained a healthy lifestyle goal.



There are plenty of resources available to help you live a healthier life. Most health insurance companies offer discounts on programs, products, and other services all designed around improving your wellness. By logging onto the company's website, you will find all of the details you need to get started.