




## Take Charge of What's Around You

### What "cues" you?

- What you're thinking or feeling.
- What other people say and do.
- Certain activities that make you think about watching TV or reading magazines.

*Examples:*

"Cue"	Makes you want to eat:
You turn on the TV. 	Relaxing
You go to the movies.	Sitting

When you respond to a cue in the same way, over and over again, you build a habit.

### How can you change problem cues and habits?

1. Stay away from the cue. Or keep it out of sight.
2. Build a new, healthier habit.
  - Practice responding to the cue in a healthier way.
  - Add a new cue that helps you lead a healthier life.

Remember, it takes time to break an old habit and build a new one.