

Dietitian Tip **June**
Tuesday **30/20**

How Do You Measure Success?

The scale is not always the best way to measure our success in lifestyle or nutrition changes, and it cannot measure our health. There is no one way or best way to measure success, however there are others that may better represent our progress. This may include:

1. **Our energy**
2. **Our blood pressure or A1C**
3. **Improved sleep**
4. **Improved movement**
5. **How we feel**

You can find more information on nutrition and healthy eating at www.grandeprairiepcn.com/resources/dietitiantip