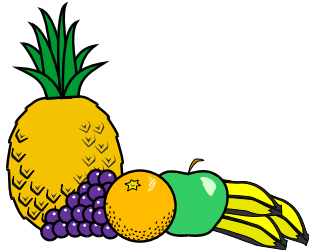


Small Steps to Health and Wealth™



Small Steps to Health and Wealth™ is a workbook designed to motivate participants to simultaneously improve their health and personal finances. It was written by Dr. Barbara O’Neill, a certified financial planner™ and Dr. Karen Ensle, a registered dietitian. Both co-authors are faculty members of Rutgers Cooperative Research and Extension. The book can be used as a stand-alone publication or as a “handout” to accompany the two-hour *Small Steps to Health and Wealth™* Cooperative Extension presentation for consumers. Consisting of 35 short, user-friendly chapters, *Small Steps to Health and Wealth™* encourages participants to set health and/or wealth goals and take action to achieve them by identifying small progress steps. The book includes a discussion of similarities between health and personal finances and 25 behavior change strategies, all based upon empirical research and expert recommendations, which can be applied to either area of life. The impact of health on finances and finances on health is also explored, as well as strategies to overcome behavior change obstacles. It concludes with a planning worksheet for readers to use to set personal goals and action plans and a list of online health and personal finance resources.

Small Steps to Health and Wealth™ is available from Pima County Cooperative Extension for a cost of **\$16.00** plus **\$4.25** for shipping.

For further information about *Small Steps to Health and Wealth™* contact Linda Block or Laurel Jacobs at 4210 N. Campbell Ave., Tucson, AZ 85719

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Features: 132 pages

44 worksheets

16 tables

Extensive list of online resources

Over 150 action steps to improve health, finances, or both

Health and wealth benchmarks

Appropriate for both self-directed learning

Valuable teaching tool for both health and finance educators

Access information on *Small Steps to Health and Wealth™* www.rce.rutgers.edu/healthfinance

Online registration <http://tcainstitute.org>

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