



Smart Steps for a Healthy Lifestyle

Eat less.

Eat more fruit.

Eat your vegetables.

Spend time with friends.

Plan for dessert!

Laugh every day!

Eat less junk food

Make use of healthy snacks

Switch to complex carbohydrates and whole grains

Limit caffeine

Choose healthy fats

Drink more water

Move more

Find healthy foods you enjoy

Bring your own lunch to work

Choose smaller when eating out

Plan for cheat meals once a week

Get enough sleep

Make an appointment with exercise on a regular basis

Walk with friends

Exercise aerobically

Don't forget to stretch

Train for strength

Make exercise a habit

Make changes gradually

Don't give up