

When it comes to your health, *small steps* go far!



Move More

it's a great way to improve your health

Sit less — for every hour that you sit, move for 3 minutes.

Move for 30 minutes each day. It's ok to break it into small amounts — 10 minutes, 3 times a day.

Count your minutes — aim to get at least 150 minutes every week.

Make it fun. Walk with a friend, co-worker or a dog.

Take the stairs. You can use them in any kind of weather.



Eat Real

foods that come from nature give you energy

Choose foods in their natural form. Eat less packaged food.

Check ingredient labels. Choose foods that don't have sugar as one of the first 3 ingredients.

Add fiber. Fill half your plate with vegetables and fruits at every meal.

Aim for 2 ½ cups of vegetables and 2 cups of fruit each day.

Cut down on portions. Serve food on smaller plates. Enjoy your food. Eat slowly. Pause before each bite.



Drink Water

it's the best choice

Keep water handy. Carry a refillable bottle.

Drink a glass of water before meals. It will help you eat less.

Add flavor. Put a fruit wedge in your water.

Make it easy to remember. Keep a pitcher of water in the refrigerator.

Limit sugary drinks. Reach for water instead.



Rest Up

Good sleep restores your body and mind

Try to get 7–9 hours of sleep every night.

Follow the same bedtime routine every night.

Unplug. Turn off the TV and mobile devices at least one hour before you go to sleep.

Practice gratitude. Before bed think of 3 things you were thankful for that day.

Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.