

How to Make Being Healthy Simple!

How can you start leading a healthy lifestyle? Start simple!

The trick is to make small changes. Over time these small changes turn into big changes.

1- Exercise

- Work in your garden
- Take walks around the block
- Rake the leaves
- Walk the dog
- Take the stairs, not the elevator
- Get out and enjoy the beach
- Take a few extra laps around the Mall

*TIP- Make a list of your daily activities, then find small ways to turn them into exercise!

2- Eat Better

- Eat more fruit
- Sneak in veggies (carrots rather than chips)
- Switch to a fat free salad dressing
- Switch to skim milk
- Keep a meal calendar
- Drink more water

*TIP- Make your grocery list before you go shopping. Make a list of healthy snacks (such as yogurt and veggies) and healthy meals to purchase. Then keep a meal calendar to help with follow-thought.

3- Check-up's

- Make time for your yearly exams and check-ups
- If you are having problems...don't wait. Consult your doctor.

