

You have the power!

You can make healthy choices.

Pick one goal to get started. You can do it!

GOAL

Drink water instead of sugary drinks.



WHY SHOULD I?

- Soda, juice, sports drinks and sugar-sweetened teas and coffee are loaded with sugar and calories.
- Water is naturally sugar-free and calorie-free.
- Nothing quenches thirst better than water, plus it's free.

Snack on fruits and vegetables.



- Fruits and vegetables contain lots of healthy vitamins and fiber.
- Fruits and vegetables fill you up on fewer calories than cake, cookies and chips.

Eat smaller portions.



- Portions have gotten out of control.
- It's important to pay attention to what and how much you eat.

Get moving and turn off the TV.



- You're more likely to get fat if you watch TV. Move more instead.
- Moving more and sitting less is good for your body, heart, and mind.
- Moving helps burn the calories you eat.



For more information on how to make healthy choices, talk to your health care provider or call 311.