



Wellness Buddy Wednesday Tip

Take “Steps!” To Improve Your Health

- ◆ Walk during your lunch hour.
- ◆ Drink water before meals.
- ◆ Walk instead of driving whenever you can.
- ◆ Avoid food portions larger than your fist.
- ◆ Eat off smaller plates.
- ◆ Don't eat late at night.
- ◆ Skip second servings.
- ◆ Skip buffets.
- ◆ Grill, steam or bake instead of frying.
- ◆ Go for a half-hour walk instead of watching TV.
- ◆ Sit up straight at work.
- ◆ Park further from the store and walk.
- ◆ Keep a regular eating schedule.
- ◆ Stretch before bed to give you more energy when you wake.
- ◆ Choose fruit for dessert.
- ◆ Stop eating when you are full.
- ◆ Snack on fruits and vegetables.
- ◆ Ask for salad dressing “on the side.”
- ◆ Walk to a co-worker's desk instead of emailing or calling them.

“The achievement of your goal is assured the moment you commit yourself to it.” —
MACK R. DOUGLAS