

Small Steps Make a BIG Difference



What a great way to bring in the New Year!
START incorporating these *Small Steps* into your
daily routine. Doing this can show
positive results over time!

- ◆ Walk during lunch hour
- ◆ Eat poultry & leaner red meat
- ◆ Eat off smaller plates
- ◆ Take the long way to the printer
- ◆ Skip seconds of meal servings
- ◆ Take the stairs instead of elevator
- ◆ Eat breakfast
- ◆ Snack on fruits and vegetables
- ◆ Stay active in the winter

