Small Steps Make a BIG Difference

- Walk during your lunch hour
- Eat off of smaller plates
- Take the stairs instead of the elevator
- Eat breakfast
- Skip seconds of meal servings
- Snack on fruits and veggies
- Choose poultry and leaner cuts of meat
- Park away from the building at work or when shopping
- Replace 1/2 of your caffeine or soda with water
- Remember to be grateful for 3 things every day before you go to bed!

Incorporate these small 10 steps in your daily routine. They can lead to many positive results!