

# getting in BALANCE!



## GET UP & GET MOVING

- ❑ *Be physically active, exercise daily for at least 30-60 minutes.*
- ❑ *Walk more. Count your steps with a pedometer.*



## EAT HEALTHY

- ❑ *Eat at least 5 helpings of vegetables and fruit a day.*
- ❑ *Replace soda and juice with water.*

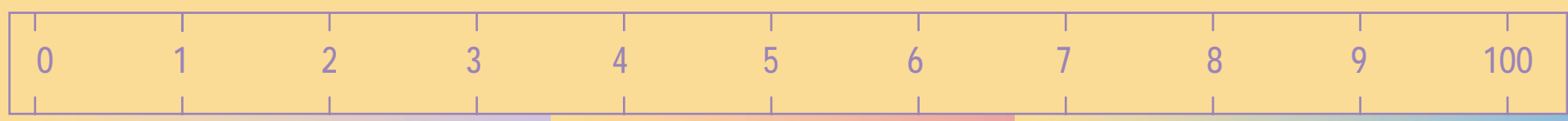


## TAKE TIME TO TAKE CARE OF YOURSELF

- ❑ *Balance your work and relaxation to help manage stress.*
- ❑ *Commit to small changes and healthy choices.*
- ❑ *Strive for a healthy weight; holding your weight steady is a great first step!*

## HOW READY ARE *you* TO TAKE THE NEXT STEP?

NOT READY READY



*What would make you more ready?*

*What might your next steps be?*

*What is your plan?*

### Healthy strong bodies come in all shapes & sizes!

