Little Decisions. Big Impact.

Simple, everyday choices, to a healthier you

**EAT RIGHT**
- Choose fish or lean cuts of meat like sirloin and chicken breast
- Buy whole grain products
- Drink lots of water
- Choose fruits and vegetables rich in color

**GET SLEEP**
- Cut down on caffeine
- Avoid drinking too many liquids in the evening
- Get to bed at the same time every night
- Get seven hours of sleep

**STAY ACTIVE**
- Exercise 30 minutes a day
- Use your break time to take a quick walk
- Walk the stairs instead of riding the elevator

MINUTES OF EXERCISE A DAY, FIVE DAYS A WEEK helps improve your metabolism and prevent weight gain.