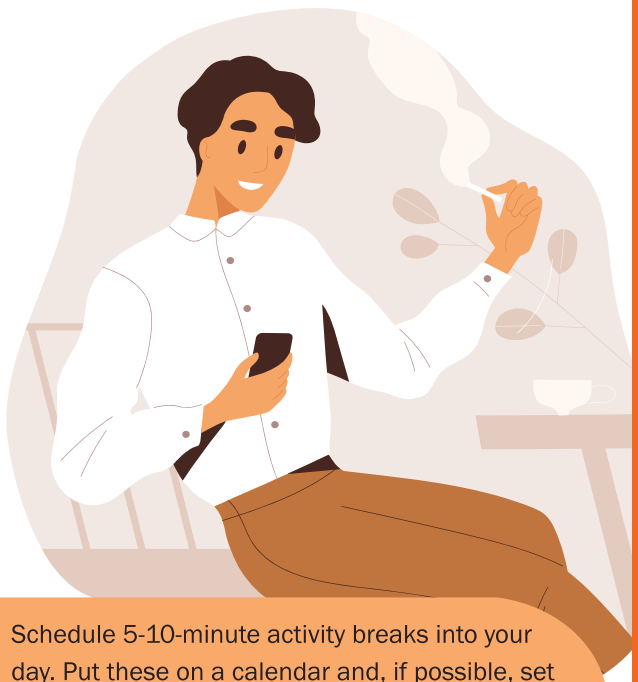
Avoid Risky Habits

DIP YOUR TOE IN

Reduce or eliminate sugar sweetened beverages including sodas, sweet teas, or coffee drinks. Replace these with sparkling water or unsweetened, flavored teas.

Use a reminder or alarm to add “movement snacking” throughout your day for 30 seconds to 1 minute each hour you are awake.

Reduce your weekly alcohol intake by one drink and replace it with a non-alcoholic option, flavored water, or a smoothie or protein shake.



WADE INTO THE SHALLOW END

Review food labels for added sugars and reduce or eliminate where possible in foods such as pasta sauce, salad dressing, or flavored yogurts.

Skip alcohol during the week, saving your cocktails or beer for social events only.

Schedule 5-10-minute activity breaks into your day. Put these on a calendar and, if possible, set an alarm.

DIVE ALL THE WAY IN

Track added sugars in your daily intake for one week, strive to consume less than 25-35 grams each day (according to the American Heart Association).

Add one new physical activity or project each week for at least one hour. This could be working in your yard, organizing a closet, or trying a dance class.

Commit to a dry month if you have been consuming alcohol on a regular basis. If you are not a regular consumer, commit to at least six months or one year.