

8 STEPS TOWARDS A HEALTHIER YOU

Eat Well

- 1 Eat in-season fruits and vegetables.
- 2 Make sure to drink enough water.

Move More

- 3 Go on a walk for 20 minutes each day.
- 4 Try push-ups or jumping jacks.
- 5 Track fitness with your phone or a tracker.
- 6 Do chores such as gardening or vacuuming.

Live Smoke-Free

- 7 Talk to a doctor about how to quit.
- 8 Set a Quit Day and stick to it.



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TIPS AND RESOURCES:**

