Action Steps for
Health & Happiness

Mind your mindless munching

- Calories from snacking throughout the day add up quickly.
- To find out how many calories you get from snacks, keep a food journal.
- Use a tracking tool, such as smartphone apps like MyFitness Pal.
- Once you see where excess calories come from, eat less and move more.

Instead of snacking while watching TV, do some seated exercises, walk in place, or ride a stationary bike. Or turn off the TV and go for a walk.

Yes

Do stretching exercises at your desk.	Have the coffee. Skip the doughnut. Calories Saved: 300+
Walk the perimeter of the mall.	Omit the large soft-pretzel and 16-ounce soda while you shop. Calories Saved: 640+

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