



### ACTION STEPS FOR WELLNESS

## Move more. Eat fewer calories.



Like interest on a credit card, extra calories turn into body fat which is hard to “pay off.” To tip the scale in your favor, expend more energy and spend less on calories. Here are some action steps to help you.

- Sit less. Spend more time being active.
- Limit TV time. Hours watched per day the start of this month: \_\_\_\_; at the end of this month: \_\_\_\_.

- Exercise while watching TV. (Walk in place. Ride a stationary bike. Lift dumbbells.)
- Walk more throughout the day.
- Use a pedometer to track steps. Set a goal to walk 10,000 steps a day.

- Drink water before meals. Sip water during meals.
- Limit high calorie foods, such as desserts. Start by eating half of what you usually eat.
- Slow down when you eat so you can notice when your body sends your brain signals that it's full and satisfied.