



ACTION STEPS FOR WELLNESS

New year, new you



Take action now to reach your resolution to lose weight.

- Set an exercise goal you can reach. For example, by the end of this month, I will walk at least 20 minutes a day, five days a week.
- When you reach a goal, give yourself a nonfood reward, such as a new workout video or a new lunch bag.
- Substitute water for sweetened beverages.
- Eat fruits and veggies for snacks instead of candy, chips, and cookies.



Choose foods that won't sabotage your goals.



Choose:	Instead of:	Calories saved:	Fat grams saved:
Apple, sliced	Apple turnover	240	16
Cinnamon and raisin English muffin	Cinnabon cinnamon roll	682	31
Low-fat chocolate milk (8 oz.)	Fast food chocolate milk shake (16.8 oz.)	546	26
Cucumber, raw	Potato Chips 1-1/2 oz bag	215	15

Action Step: Chew food slowly to give your body time to send a signal to your brain that you've had enough. You'll enjoy your food more and eat less.