



**SIMPLE WAYS TO LIVE A
HEALTHY LIFESTYLE**
EXERCISE AND EATING WELL



Doesn't
smoke

Exercises
on a
regular
basis

Is at a
healthy
weight

Eats
healthy
foods

A healthy
person

EXERCISE

One of the biggest reasons we're have a weight problem these days is because we sit around too much.





We know we need to exercise, but we have so many excuses not to do it.

JUST ADDING A LITTLE MOVEMENT TO YOUR LIFE CAN:

Reduce the risk of heart disease, stroke and diabetes

Improve joint stability

Increase and improve range of movement

Help maintain flexibility as you age

Maintain bone mass

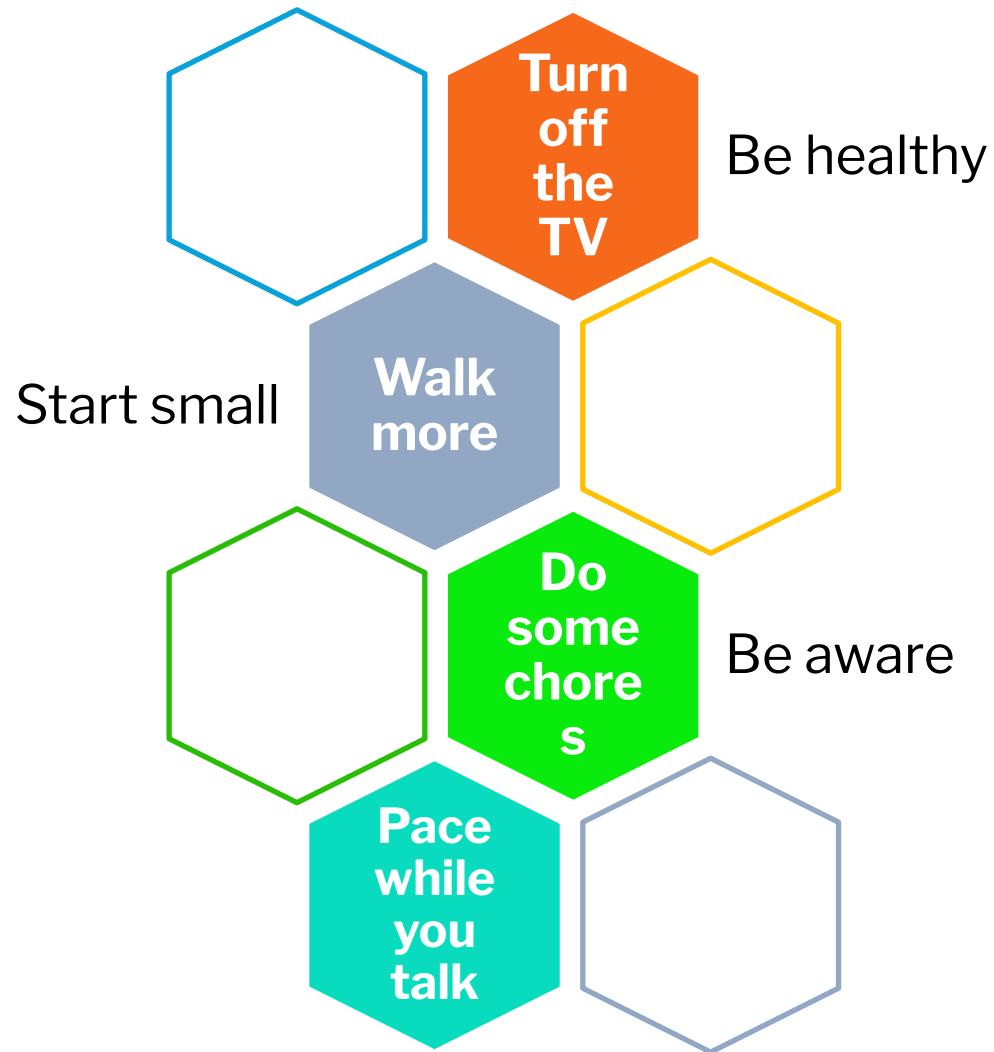
Prevent osteoporosis and fractures

Improve mood and reduce symptoms of anxiety and depression

Improve memory in elderly people

Reduce stress

The truth is, everything counts and the more you move, the healthier you'll be.



Simple Ways to Move Your Body

EATING WELL

Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.



THERE ARE SOME TIPS FOR SIMPLE WAYS TO CHANGE HOW YOU EAT:

**Eat more
fruit**

**Sneak in
more
veggies**

**Switch
your salad
dressing**

**Eat low-fat
or fat-free
dairy**

**Make some
substitutes**



Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can to be healthy today.