

Take a Small Step to Get Healthy

Poor diet and physical inactivity are poised to surpass tobacco use as the leading cause of preventable death in the U.S. To encourage individuals to make small deliberate changes in their lifestyle — changes that foster healthy eating, physical activity and the development of habits that support the prevention of disease — HHS Secretary Tommy G. Thompson, in partnership with The Advertising Council, has introduced the *Healthy Lifestyles Campaign*. The national public education program highlights small changes over time rather than drastic lifestyle changes that are difficult to maintain. A state-of-the-art web site, www.smallstep.gov, offers consumers ongoing ideas and support to pave the road to a healthier lifestyle.

51. Perform gardening or home repair activities.
52. Avoid labor-saving devices.
53. Take small trips on foot to get your body moving.
54. Play with your kids 30 minutes a day.
55. Dance to music.
56. Keep a pair of comfortable walking or running shoes in your car and office.
57. Make a Saturday morning walk a group habit.
58. Walk briskly in the mall.
59. Choose activities you enjoy and you'll be more likely to stick with them.
60. Stretch before bed to give you more energy when you wake.
61. Take the long way to the water cooler.
62. Explore new physical activities.
63. Vary your activities, for interest and to broaden the range of benefits.
64. Reward and acknowledge your efforts.
65. Choose fruit for dessert.
66. Consume alcoholic beverages in moderation, if at all.
67. Take stairs instead of the escalator.
68. Conduct an inventory of your meal/snack and physical activity patterns.
69. Share an entree with a friend.
70. Grill fruits or vegetables.
71. Eat before grocery shopping.
72. Choose a checkout line without a candy display.
73. Make a grocery list before you shop.
74. Buy 100% fruit juices over soda and sugary drinks.
75. Swim with your kids.
76. Flavor foods with herbs, spices and other low fat seasonings.
77. Remove skin from poultry before cooking to lower fat content.
78. Eat before you get too hungry.
79. Don't skip breakfast.
80. Stop eating when you are full.
81. Snack on fruits and vegetables.
82. Top your favorite cereal with apples or bananas.
83. Try brown rice or whole-wheat pasta.
84. Include several servings of whole grain food daily.
85. When eating out, choose a small or medium portion.
86. If main dishes are too big, choose an appetizer or a side dish instead.
87. Ask for salad dressing "on the side".
88. Don't take seconds.
89. Try your burger with just lettuce, tomato and onion.
90. Try a green salad instead of fries.
91. Bake or broil fish.
92. Walk instead of sitting around.
93. Eat sweet foods in small amounts.
94. Take your dog on longer walks.
95. Drink lots of water.
96. Cut back on added fats or oils in cooking or spreads.
97. Walk the beach instead of sunbathing.
98. Walk to a co-worker's desk instead of emailing or calling them.
99. Carry your groceries instead of pushing a cart.
100. Use a snow shovel instead of a snow blower.





 U.S. Department of Health
and Human Services