

# Steps for a Healthier Lifestyle

Looking to create a healthier lifestyle for yourself? Here are some easy-to-use tips to help make the process successful and a little bit easier!

## 1 reduce added sugars

- Swap out a soda or sugary beverage with a glass of water each day
- Doing this daily will help to form a healthy habit to reduce added sugars



## 2 know what is an added sugar

- Watch for ingredients such as refined sucrose, glucose, fructose, high fructose corn syrup, and corn syrup

## 3 eat dinner as a family

- Eating dinner as a family allows the whole family to develop healthy eating habits together
- Families who eat together tend to have better diet quality



## 4 be prepared!

- Have cut up fruits and veggies in "grab-and-go" containers for easy and healthy snacks
- This helps to make healthier food choices when you are busy

## 5 minimize television

- Keep television and video game time to a minimum
- These activities take away from active time, and should be kept under a couple hours a day



## 6 participate!

- Participate in sports or after school programs offered at school
- This is a good way to make sure staying active is a priority
- Also improves social health as well!

## 7 make it interesting

- Participate in the activities that interest you the most
- This will make it easier to stick to it and enjoy it!



For more information on healthy eating, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
To learn more about the after school and sports programs offered at your school, visit your local school department website.