Steps for a Healthier Lifestyle

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
   - Look for ingredients such as refined sugars, 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 a registered dietitian.
To learn more about the after school and sports programs offered at your school, visit your local school department website.