

Adopt these Seven Healthy Behaviors for Better Health!



- 1.) Increase physical activity.
- 2.) Reduce sedentary activities, like "screen" time.





- 3.) Follow the USDA MyPyramid.
- 4.) Increase fruit and vegetables in your diet.





- 5.) Limit sweetened beverages.
- 6.) Practice engaged parenting be a good role model!





7.) Eat together as a family.