**Step Up for Your Health:**

**Small Steps Lead to Big Results**

Make good health a family affair by teaching children to eat right, be active and not smoke. Practice these four key lifestyle behaviors by taking small steps to stay healthy.

**1. Eat a proper diet to stay healthy and maintain a healthy weight**. Have fruits and vegetables every day as snacks and with your meals. Grill meat and fish. Limit fast foods. Drink water, coffee and tea without sugar. Limit sugared sodas, juices and energy drinks.

2. **Be active 10-15 minutes several times a day.** Small activities add up. Take the stairs instead of the elevator, walk after dinner, dance, or participate in a sport.

3. **If you don’t smoke, don’t start. If you do smoke, stop!** Quitting is the best single thing you can do for your health. Encourage children NOT to start, and loved ones to quit. Secondary smoke puts loved ones at risk for the same diseases as being smokers themselves.

4. **Use medications wisely**. Take medications only as prescribed. Tell your doctor if the medicines make you feel sick. Don’t stop medications because you feel better. You don’t always need to get medicines or have an injection when you visit a health provider.

5. **Being active, smart food choices, and not smoking all contribute to a healthier and longer life**. It is easier when you do these activities with friends and family.

Small steps lead to big results.

Start taking steps today…..

Content derived from the following:

1. US Centers for Disease Control (US CDC) website:

<http://www.cdc.gov/nutrition/everyone/index.html>

<http://www.cdc.gov/tobacco/>

<http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm>

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

<http://www.cdc.gov/cancer/dcpc/prevention/other.htm>

<http://www.cdc.gov/heartdisease/guidelines_recommendations.htm>

1. World Health Organization

WHO: Global recommendations for Physical Activity for Health, 2010.

WHO: Milestones in Health Promotion, 2009.

<http://www.who.int/chp/en/>

<http://www.who.int/mediacentre/factsheets/fs394/en/>

<http://www.who.int/mediacentre/factsheets/fs385/en/>

1. Harvard School of Public Health

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/>