OYOL – A New You
Lesson 4: Foods & Moods

1) Work on *Mood-Food Connection* handout.

2) Try 1 or 2 of your mood-activity connections. Record or share with someone.

3) Look for examples of outrageous serving sizes to share at the next class.

4) Take one 2-minute walk every day and record. Find a walking buddy to join you.