12 Ways in 12 Days
Tips for Healthy Living

Need a quick snack? Remember the original fast foods – fruits and veggies! What’s faster than an apple, a banana, or a carrot?

Celebrate! Talented people come in a great variety of shapes and sizes.

Break the fast! Jump start your day with a bowl of whole-grain cereal and glass of lowfat or nonfat milk.

Honor the gift of food! Eat when you are hungry and stop when you are satisfied.

Walk every day! Enjoy all the sights and sounds. Take a friend or family member along.
Prepare meals together! And enjoy pleasurable mealtimes with family and friends.

Enjoy food! All foods can fit when eaten in moderation. Savor treats by enjoying every bite.

Kid around! Ride a bike or toss a ball. Move your body to reduce stress and increase energy.

Give the gift of yourself. Share some time with friends and tell them how special they are.

Portion control! Try smaller portions of your favorite foods. And resign from the “Clean Plate Club.”

Drink up! Water is essential for the body – especially when you are active.

Go surfing! Learn more about healthy eating and living by visiting the WIN the Rockies website [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies).