

# Discover the Power of



# ONE



## Healthy Habit

A healthier life is like a ladder. Each new habit propels you a step higher. Try one of these:



**Swap sugary drinks for water.** It's naturally energizing ... without the crash!

**Get your 30 minutes of daily movement (and your kid's 60) in small spurts.**

Try taking the stairs or parking farther from the grocery store.



**Choose an activity that feels more like a hobby than a chore,** like a dance video with your kids!

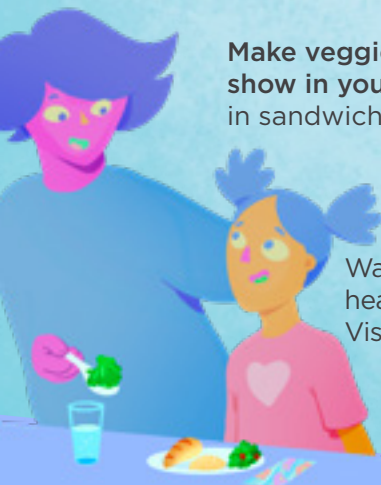


**Avoid screen time one hour before bed** and get an extra hour of sleep each night.

**Top your oatmeal or whole-grain waffles with fruit** — or add it to smoothies!



**Make veggies the star of the show in your meals and snacks** — in sandwiches, omelets or on pizza.



Want more ways to add healthy habits to your life? Visit [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com).

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A Program of

