

Take Small Steps Today!

Here are more than 100 small steps you can take today to start you on the path to a healthier life:

- 1. Walk to work.
- 2. Use fat free milk over whole milk.
- 3. Do sit-ups in front of the TV.
- 4. Walk during lunch hour.
- 5. Drink water before a meal.
- 6. Eat leaner red meat & poultry.
- 7. Eat half your dessert.
- 8. Walk instead of driving whenever you can.
- 9. Take family walk after dinner.
- 10. Skate to work instead of driving.
- 11. Avoid food portions larger than your fist.
- 12. Mow lawn with push mower.
- 13. Increase the fiber in your diet.
- 14. Walk to your place of worship instead of driving.
- 15. Walk kids to school.
- 16. Get a dog and walk it.
- 17. Join an exercise group.
- 18. Drink diet soda.
- 19. Replace Sunday drive with Sunday walk.
- 20. Do yard work.
- 21. Eat off smaller plates.
- 22. Get off a stop early & walk.
- 23. Don't eat late at night.
- 24. Skip seconds.
- 25. Work around the house.
- 26. Skip buffets.
- 27. Grill, steam or bake instead of frying.
- 28. Bicycle to the store instead of driving.

- 29. Take dog to the park.
- 30. Ask your doctor about taking a multi-vitamin.
- 31. Go for a half-hour walk instead of watching TV.
- 32. Use vegetable oils over solid fats.
- 33. More carrots, less cake.
- 34. Fetch the newspaper yourself.
- 35. Sit up straight at work.
- 36. Wash the car by hand.
- 37. Don't skip meals.
- 38. Eat more celery sticks.
- 39. Run when running errands.
- 40. Pace the sidelines at kids' athletic games.
- 41. Take wheels off luggage.
- 42. Choose an activity that fits into your daily life.
- 43. Try your burger with just lettuce, tomato, and onion.
- 44. Ask a friend to exercise with you.
- 45. Make time in your day for physical activity.
- 46. Exercise with a video if the weather is bad.
- 47. Bike to the barbershop or beauty salon instead of driving.
- 48. Keep to a regular eating schedule.
- 49. If you find it difficult to be active after work, try it before work.
- 50. Take a walk or do desk exercises instead of a cigarette or coffee break.
- 51. Perform gardening or home repair activities.
- 52. Avoid laborsaving devices.
- 53. Take small trips on foot to get your body moving.
- 54. Play with your kids 30 minutes a day.
- 55. Dance to music.
- 56. Keep a pair of comfortable walking or running shoes in your car and office.
- 57. Make a Saturday morning walk a group habit.
- 58. Walk briskly in the mall.
- 59. Choose activities you enjoy & you'll be more likely to stick with them.

- 60. Stretch before bed to give you more energy when you wake.
- 61. Take the long way to the water cooler.
- 62. Explore new physical activities.
- 63. Vary your activities, for interest and to broaden the range of benefits.
- 64. Reward and acknowledge your efforts.
- 65. Choose fruit for dessert.
- 66. Consume alcoholic beverages in moderation, if at all.
- 67. Take stairs instead of the escalator.
- 68. Conduct an inventory of your meal/snack and physical activity patterns.
- 69. Share an entree with a friend.
- 70. Grill fruits or vegetables.
- 71. Eat before grocery shopping.
- 72. Choose a checkout line without a candy display.
- 73. Make a grocery list before you shop.
- 74. Buy 100% fruit juices over soda and sugary drinks.
- 75. Stay active in winter. Play with your kids.
- 76. Flavor foods with herbs, spices, and other low fat seasonings.
- 77. Remove skin from poultry before cooking to lower fat content.
- 78. Eat before you get too hungry.
- 79. Don't skip breakfast.
- 80. Stop eating when you are full.
- 81. Snack on fruits and vegetables.
- 82. Top your favorite cereal with apples or bananas.
- 83. Try brown rice or whole-wheat pasta.
- 84. Include several servings of whole grain food daily.
- 85. When eating out, choose a small or medium portion.
- 86. If main dishes are too big, choose an appetizer or a side dish instead.
- 87. Ask for salad dressing "on the side".
- 88. Don't take seconds.
- 89. Park farther from destination and walk.
- 90. Try a green salad instead of fries.

- 91. Bake or broil fish.
- 92. Walk instead of sitting around.
- 93. Eat sweet foods in small amounts.
- 94. Take your dog on longer walks.
- 95. Drink lots of water.
- 96. Cut back on added fats or oils in cooking or spreads.
- 97. Walk the beach instead of sunbathing.
- 98. Walk to a co-worker's desk instead of emailing or calling them.
- 99. Carry your groceries instead of pushing a cart.
- 100. Use a snow shovel instead of a snow blower.
- 101. Cut high-calorie foods like cheese and chocolate into smaller pieces and only eat a few pieces.
- 102. Use nonfat or low-fat sour cream, mayo, sauces, dressings, and other condiments.
- 103. Replace sugar sweetened beverages with water and add a twist of lemon or lime.
- 104. Replace high-saturated fat/high calorie seasonings with herbs grown in a small herb garden in your kitchen window.
- 105. Refrigerate prepared soups before you eat them. As the soup cools, the fat will rise to the top. Skim it off the surface for reduced fat content.
- 106. When eating out, ask your server to put half your entrée in a to-go bag.
- 107. Substitute vegetables for other ingredients in your sandwich.
- 108. Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
- 109. Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?)
- 110. Make up a batch of brownies with applesauce instead of oil or shortening.
- 111. Instead of eating out, bring a healthy, low calorie lunch to work.
- 112. Ask your sweetie to bring you fruit or flowers instead of chocolate.

- 113. Speak up for the salad bar when your coworkers are picking a restaurant for lunch, and remember calories count, so pay attention to how much and what you eat.
- 114. When walking, go up the hills instead of around them.
- 115. Walk briskly through the mall and shop 'til you drop ... pounds.
- 116. Clean your closet and donate clothes that are too big.
- 117. Take your body measurements to gauge progress.
- 118. Buy a set of hand weights and play a round of Simon Says with your kids - you do it with the weights, they do without.
- 119. Swim with your kids.