

FOR IMMEDIATE RELEASE

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Small Steps for Big Change

Each day we wake up and are presented with two options: we can stay in the same place as we are, OR we can take the first small step into big change for our health!

The daily efforts we put into our nutrition and movement compound to make long-lasting changes over time. Eating a healthy well-balanced diet and exercising often can help control or delay several health issues like high blood pressure and cholesterol, obesity, heart disease, and type 2 diabetes. Below is an example of ways we can take Small Steps for Big Change.

Starting point: Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Daily efforts:

- Try to be physically active for at least 30 minutes on most or all days of the week. Maybe being physically active for 7 days a week seems overwhelming, meet yourself where you are! What is realistic for you? Some days are always better than no days!
- Eat plenty of fruits and vegetables. Experiment with the way you prepare your foods! Do you not like eating vegetables because of the texture after steaming them? Try roasting them!
- Choose foods that are low in added sugars, saturated fats, and sodium. The purer the food the better for you! A short ingredient list is always a good place to start!
- Pick whole grains and lean sources of protein and dairy products. Reach for the Greek yogurt maybe the next time you're at the store; Greek yogurt is packed with protein and a great source of dairy.
- Practice all 4 types of exercise-endurance, strength, balance, and flexibility. Not all 4 need to be done weekly, but adding in each type throughout the month will serve you great benefits!

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