5 TRICKS TO HEALTHIER EATING

01 Explore New Options
Try a new vegetable or fruit in the grocery store each week.

02 Swap It Out!
Swap out those crunchy chips for some crunchy pistachios or almonds.

03 Zest Up Your Water
Add a sliced lemon, orange or fresh mint to your water.

04 Get Fresh With It!
Include a side of fresh carrots or fruit like an apples or some cherries to your meals.

05 Add Some Flavor
Include different spices in your cooking to cut down on calorie packed sauces. Try cayenne pepper, paprika, Italian seasoning, or cumin.
5 TRICKS TO BEING MORE ACTIVE

01 Get Moving
After sitting for long periods of time, walk around for 5-10 minutes every 45-60 minutes.

02 Break Time
During a TV break get your heart pumping by doing some jumping jacks and light stretching.

03 Walk While You Talk
Get a friend or two together and catch up over a walk or on a walk to get coffee.

04 Morning And Night Challenge
After waking up and/or before you go to bed, challenge yourself to do as many leg lifts and push ups as you can.

05 Try Something New
Try out a new indoor or outdoor activity every week. For example: racketball, soccer, yoga, swimming, baseball, bouldering, etc.
5 Ways To Improve Family Health

1. Include kids during the cooking process.
2. Play alongside your kids when you take them to park.
3. Try a variety of different recipes that cook vegetables in different ways (roasting, sautéed, steam, grill, etc.).
4. Swap out canned for frozen, or opt for reduced/no added salt canned goods.
5. Switch cooking oils to olive oil, grapeseed oil or avocado oil.