This summer, re-energize your goals to eat healthy and stay active! These tips can help you stay on track.

Schedule a set time for physical activity and stick to it. Any physical activity, even for a short time, is a good thing.

Reduce screen time. Take a break from sitting at the computer or TV and go for a short walk or stretch.

Make a healthy version of a summer dish. Share at a picnic or potluck with your family, friends, or coworkers.

Limit treats and alcohol. Eat a smaller slice of pie or have a small glass of wine.

Wherever you are on your journey to active and healthy living, start by taking these small steps to improve your health and feel great.

Visit www.niddk.nih.gov for more tips on weight management and healthy eating.