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.