



National Institute of
Diabetes and Digestive
and Kidney Diseases

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.

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