Start Small
Make little changes in your diet along the way and be realistic. As your initial changes become habits, gradually add more.

Choose Your Moves
Pick a physical activity you really like. If you look forward to doing it, it’s more likely you will stay committed.

Stay Focused
If you veer off your healthy eating and exercise path, just start fresh the next day.

Pair Up
Find a partner to help you stay on track. Talk healthy recipes, choose activities to do together, and cheer each other on.

High Five Yourself!
Reward yourself with each healthy diet or activity level change you make and keep. You deserve it!

Watermelon Avocado Toast
- 4 tbsp mashed avocado mixed with
- 1/2 tsp lemon juice
- 2 slices whole grain bread, toasted
- 4 tbsp diced watermelon
- 2 tbsp low-fat feta cheese, crumbled
- 2 tsp chopped fresh mint
- 1/2 tsp lemon zest

Visit watermelon.org for full recipe.

Leading a healthy lifestyle can help you boost your general health, gain energy, and build self-esteem!