

HEALTHY LIVING GOALS

Think about the healthy lifestyle you want, break it down into weekly goals within your reach, and celebrate your wellness achievements.

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



Start Small

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



Stay Focused

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



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.



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 Chia Parfaits

4 cups watermelon, liquefied
1/2 cup chia seeds
2 Tbsp lemon juice
1 serving of yogurt of choice
Toppings of choice: mango, kiwi, mint, toasted coconut, strawberries

Visit watermelon.org for full recipe.

Eat Real Food

