

# Small Steps for Healthy Living

## YOU and Your Health.

### Tips on Healthy Living.

- **HEALTHY EATING** will give you **more energy** and can **reduce your risk** for diseases like **diabetes or cancer**.
- **HEALTHY EATING** means knowing **why** you eat (you might eat because you **are sad, lonely, or bored** instead of hungry).



SMALL STEPS FOR YOUR WELL-BEING

**Better Health**



- **DRINKING MORE FLUIDS**, like water, can **increase your energy** and help you **lose weight**.
- **MAKING CHANGES** to eating habits, like **eating slower** and having **smaller portions** can make a **BIG** difference.
- **TRACKING FOOD CHOICES** in a **food diary** can help you see what you eat.
- **DEVELOPING NEW HABITS** like **walking** when you **feel like eating**.

**It's Your Choice.**



**NorthCare Network**

1230 Wilson St.

Marquette, MI 49855

Phone: (906) 225-7254 or (888) 333-8030



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