What a great way to bring in the New Year! START incorporating these Small Steps into your daily routine. Doing this can show positive results over time!

- Walk during lunch hour
- Eat poultry & leaner red meat
- Eat off smaller plates
- Take the long way to the printer
- Skip seconds of meal servings
- Take the stairs instead of elevator
- Eat breakfast
- Snack on fruits and vegetables
- Stay active in the winter