

## Take Charge of Your Health Challenge

*Sedgwick County Health Department Worksite Wellness Program*

### 55 ways to improve your health...Just Pick 5!

1. Walk to work.
2. Use fat free milk over whole milk.
3. Do sit-ups in front of the TV.
4. Walk during lunch hour.
5. Drink water before a meal.
6. Eat leaner red meat & poultry.
7. Eat half your dessert.
8. Walk instead of driving whenever you can.
9. Take family walk after dinner.
10. Avoid food portions larger than your fist.
11. Increase the fiber in your diet.
12. Join an exercise group.
13. Drink diet soda.
14. Do yard work.
15. Eat off smaller plates.
16. Walk 5 minutes farther than the week before.
17. Don't eat late at night.
18. Skip seconds.
19. Work around the house.
20. Skip buffets.
21. Grill, steam or bake instead of frying.
22. Go for a half-hour walk instead of watching TV.
23. More carrots, less cake.
24. Sit up straight at work.
25. Don't skip meals.
26. Eat more celery sticks.
27. Choose an activity that fits into your daily life.
28. Ask a friend to exercise with you.
29. Exercise with a video if the weather is bad.
30. Keep to a regular eating schedule.
31. Take a walk or do desk exercises instead of a cigarette or coffee break.
32. Keep a pair of comfortable walking or running shoes in your car and office.
33. Stretch before bed to give you more energy when you wake.
34. Choose fruit for dessert.
35. Consume alcoholic beverages in moderation, if at all.
36. Conduct an inventory of your meal/snack and physical activity patterns.
37. Eat before grocery shopping.
38. Choose a checkout line without a candy display.
39. Make a grocery list before you shop.
40. Flavor foods with herbs, spices, and other low fat seasonings.
41. Don't skip breakfast.
42. Snack on fruits and vegetables.
43. Top your favorite cereal with apples or bananas.
44. Ask for salad dressing "on the side".
45. Park farther from destination and walk.
46. Try a green salad instead of fries.
47. Drink lots of water.
48. Cut high-calorie foods like cheese and chocolate into smaller pieces and only eat a few pieces.
49. Replace sugar sweetened beverages with water and add a twist of lemon or lime.
50. Try a new fruit or vegetable (ever had jicama, plantain, starfruit or papaya?)
51. Make up a batch of brownies with applesauce instead of oil or shortening.
52. Walk briskly through the mall and shop 'til you drop ... pounds.
53. Clean your closet and donate clothes that are too big.
54. Take your body measurements to gauge progress.
55. Buy a bracelet of your favorite charity to remind you to live a healthier lifestyle every day.

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*Sedgwick County...*  
*working for you*