

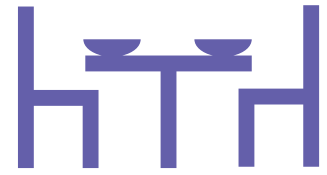
# 10 HEALTHY HABITS



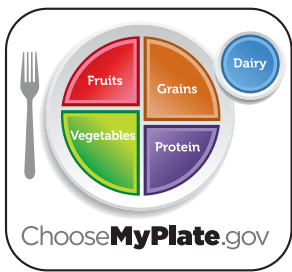
1. Schedule and plan meals and snacks



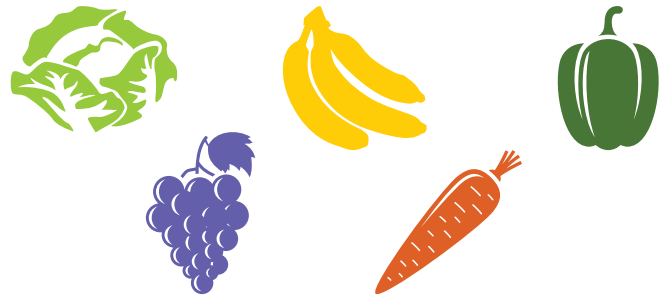
2. Eat most meals at home



3. Don't eat with the TV on



4. Eat Plate Style



5. Consider fruits and veggies as snacks and second helpings to get 5 every day



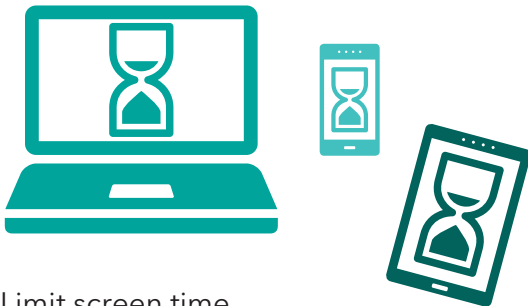
6. Drink water



7. Be active for 60 minutes every day



8. Eat when hungry; find other things to do when bored, tired, etc.



9. Limit screen time

10. Be kind to yourself and others

