



## Healthy Tips

March 2018

1. **Sip while you sit.** Bring a cup or bottle of water with you whenever you sit (at your desk, in the car or in front of the TV, for example). Although moving is better than sitting, at least you'll be performing a healthy habit when at rest.
2. **Go nuts!** Nuts add crunch and decadent flavor to salads, veggie dishes, yogurt and even sandwiches via nut butters. Nuts can help reduce cholesterol levels and stabilize blood glucose levels.
3. **Indulge without bulge!** Comfort foods in the right amounts and at the right times will provide what you're looking for – comfort. Excessive amounts could lead to *discomfort* and unnecessary weight gain. Avoid portion distortion.
4. **Do Something!** Don't call it exercise – call it fun. Dance, ride a bike, take the dog for a long walk or just climb the steps in your home or apartment.
5. **Make your snacks count!** If you're like me, you tend to snack at your desk. Be sure your snack consists of protein, whole grains and healthy fat for the trifecta that will keep you feeling fuller, longer (Hint- nuts are good at this).
6. **Make your calories count.** Try eating nutrient-rich foods rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.
7. **Be kind to yourself!** If you're not having a great day, don't "reward" yourself with food – the wrong foods in the wrong amounts may become punishments instead of rewards. Go for a scenic walk, listen to music, surround yourself with true friends or just take a few minutes to breathe. You deserve to have a wonderful month!



*Did you know there are **7 flights** of stairs at the Health Department?*

Did you know that by taking the stairs, you can burn almost **5 times** as many calories than taking the elevator?! Walk the stairs during your breaks to burn calories, control your weight, and build muscle tone!

Call 607-737-2858 for the code to access the stairs!

