TIP OF THE WEEK

Make Healthy Choices Together

Join your friends or family in a goal to make healthy changes together.

Get active outside. Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time. Keep screen time (computer, television, smart phone) to 2 hours or less a day.

Make healthy meals. Buy and serve more vegetables and fruits.

LivingWell
make it a priority
The University of Texas System

www.livingwell.utsystem.edu