



## 12 QUICK TIPS FOR BETTER HEALTH

**It's really not that difficult to improve your health. Here are some simple suggestions that can make a difference:**

1. Skip the buffet.
2. Do sit-ups in front of the TV.
3. Avoid food portions larger than your fist.
4. Walk instead of drive whenever you can.
5. Sit up straight at work.
6. Eat breakfast every day.
7. Ask a friend to exercise with you.
8. If not water . . . drink 100% fruit juice over soda and sugary drinks. Watch the portion size though!
9. Play with your kids for 30 minutes a day.
10. Choose a physical activity that fits into your daily routine.
11. Snack on fruits and vegetable.
12. Be your own best friend.



**The Medical  
Center of Plano**