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VERMONT

TIP SHEET

Make This Your Moment

EASY STEPS TO A HEALTHIER YOU

Chronic diseases like heart disease and diabetes may feel unavoidable. The truth is they can often be prevented with changes to diet, physical activity, and by quitting smoking. Small changes over time can make a big difference.

KEY STRATEGIES TO GET YOU STARTED

1. **Take small steps: make one or two changes to begin**
   - Be physically active. Choose fun and realistic activities such as walking for 30 minutes a day to help increase energy. If you don't have the time for a 30-minute walk, try three 10 minute walks instead.
   - Aim to eat two fruits and three vegetables each day. Make half your plate fruits or vegetables at lunch and dinner.
   - 802Quits.org offers free support to help you quit smoking and tobacco in-person, online, by phone or on your own. They also can provide free gum, patches and lozenges to improve your quit success.
2. **Involve your friends and family**
   - Let them know your goals and ask for their support.
   - Invite a friend to walk or excerise with you.
   - Encourage your family to try new fruits and vegetables.
3. **Talk to your health care provider**
   - S/he can help you make a wellness plan, offer advice, and connect you to resources like a nutrition counselor.

SMALL CHANGES MAKE A BIG DIFFERENCE

Small changes can start you on the path to better health and reduce your risk of disease.

- Replacing one 20 oz sugary drink a day can prevent up to 26 pounds of additional weight gain per year.
- Losing 5-10% of your body weight can lower blood pressure and reduce the likelihood of developing diabetes.
- Quitting tobacco can have an immediate effect: 20 minutes after quitting, your heart rate returns to normal.

"My wife and I decided to make a change. First it was walking, then jogging. In getting back to exercising, I noticed a huge, quick change."

MORE RESOURCES

Visit healthvermont.gov/3-4-50 for more tips:

Healthy eating and active living

How to plan, shop and cook healthy foods

Tobacco quit tips and tools