



## Summer-Proof Your Healthy Momentum

To eat healthier this summer, I will...

*Purchase fresh produce and prepare it each evening*

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To get and stay active, I will...

*Mall walk Monday, swim Saturday, gym Sunday*

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**To stay on a schedule, I'll...**

*Anchor my day around lunch with my kids*

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**For a healthier trip this year, I'll...**

*Load my plate - vegetables and protein, share desserts*

*Re-energize and re-charge by sleeping enough*

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## When socializing, I'll...

Invite friends to walk before the main event

Make sure I always have water with me

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