

# Living Well Tip of the Week

Eating healthier and exercising regularly can go a long way toward helping Americans lessen their risk of preventable death from causes such as heart disease, cancer and stroke. Here are some tips on improving your own and your community's lifestyle and eating:

## Start Small...

- Eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size and eat together as a family.
- Eat less by avoiding oversized portions, make half of the plate fruits and vegetables, make at least half of the grains whole grains, switch to fat-free or low-fat (1 percent) milk, choose foods with less sodium and drink water instead of sugary drinks.

## Think big...

- Create a local movement: start a farmers market, a food co-op, a community garden, a demonstration kitchen, a supper club or a canning circle.
- Lead or convene city, county and regional food policy councils to assess local community needs and expand programs (e.g., community gardens, farmer's markets) that bring healthy foods, especially locally grown fruits and vegetables, to schools, businesses and communities.

Stay tuned for more details on the **2012 UT System Physical Activity Challenge**. The Institutions with the greatest participations (based on % of total headcount) and improvement (based on % of improvement) will win the "UT System Physical Activity Challenge Traveling Trophy". More information will be posted on the April 2012, "A Matter of Health" Newsletter!

