

# 5 STEPS

Here are five strategies for a more balanced lifestyle...

## More Tips and Tricks:

- **Be mindful** while you're eating and when determining whether to eat. Learn the difference between hunger and boredom or worry and remember to only eat when you're hungry.
- Offset your calorie intake with exercise. **Get moving every day.** You don't have to run a marathon or climb a mountain — find fun activities for you!
- **Ration and schedule your screen time** so that you don't accidentally spend too much time sitting.
- **Make healthful drink choices!** Stick with milk, still or sparkling water, and unflavored coffee or tea for the most hydration and nutrients with the fewest empty calories.

## Use a Plate!

If you don't have a portion control plate like the one featured below, simply grab a 9- or 10-inch plate for your meals, then use two lines of sauce to divide the plates evenly into four quadrants.

**Don't eat your food out of the bag or box!** Instead, put it on a plate so that you have a better sense of how much you're eating.

