



Click on each **LIFESTLYE**
Print this list and tape
to your bedroom or bathroom mirror

1. **Eat breakfast** each day
2. **Control your portion sizes**
3. **Make every meal look like a rainbow**
4. **Choose foods and beverages low in sugar and fat**
5. **Exercise 5 times a week for a minimum of 30 minutes working up to 60 minutes on most days of the week**

***For Quicker results**
Start with #5 plus 2 other lifestyle changes.

***For Quickest results**
Pick all 5 lifestyle changes today!

