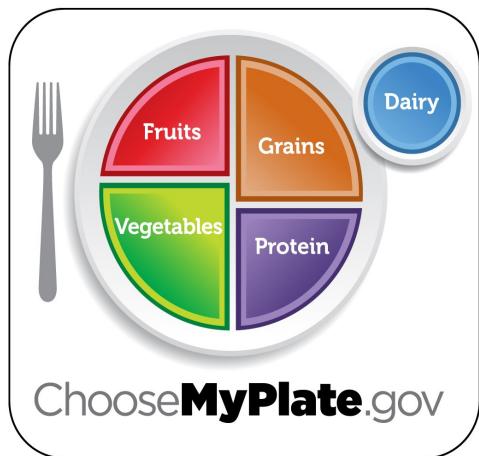


# Healthy Habits

Looking to improve your health? Let's start with what we put into our bodies, food! Creating healthy lifestyle habits takes time and practice. But with setting small and attainable goals you can make great strides to help feel your very best.

## Look to the Plate



A balanced diet consists of **fruits, vegetables, whole grains, lean protein, and healthy fats**

If you're overweight, a small weight loss of just **5 - 10%** of your current weight can make a great impact on your metabolic health

**Use the MyPlate as a guide for your own plate and aim for half your plate to be full of colorful fruits and vegetables!**



Skip the soda, sugary coffee, energy drinks, lemonade, and sweet tea

## Get Moving

Aim for 30 minutes of moderate activity on most days of the week.

Try a brisk walk, go for a swim, or play a game with your kids or pets.



If you need assistance with smoking cessation, please call:  
1-800-QUITNOW  
(1-800-784-8669)

For an individualized nutrition consultation contact our Registered Dietitian Nutritionist:

Eva Obirek, MA, RDN, LD  
636-332-2176  
[nutrition@compasshn.org](mailto:nutrition@compasshn.org)

**QUENCH YOUR THIRST WITH WATER**



**Compass Health**  
Network