



Quick Tips To Improve Your Family's Health

- Rake leaves instead of using a leaf blower
- Take walks after dinner
- Drink water before your meals
- Avoid portions larger than your fist
- Replace the Sunday drive with the Sunday walk
- Eat on a smaller plate
- More veggies – Less cake
- Avoid Buffets
- Wash your car by hand
- Don't skip meals
- Choose fruit for dessert
- Eat before you grocery shop
- Don't skip breakfast
- Top your cereal with fruit
- Replace your computer chair with an exercise ball
- Don't add salt
- Eat whole grains
- Choose the veggies over fries with that burger
- Skip second helpings
- Pick a hike over a movie
- Keep small weights next to your TV – and use them
- Do sit ups while watching tv
- Take breaks from the computer or homework – move around
- Dance around your house
- Park far and walk

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