

TAKE A STEP TODAY!

SIMPLE

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STEP 1: Choose a goal.

- Walk in place during a 1/2-hour TV show on most days.
- Eat two extra servings of fruit and/or vegetables every day.
- Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.
- Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.
- Snip off 1/4 of every cigarette you smoke.
- Replace every other drink with water to cut in half the number of sodas you drink every day.

STEP 2: Keep track for 7 days - *I can do this!*

- Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

STEP 3: Mail in this card to be recognized for your efforts



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- Walk from your house or place of work 1 minute out and 1 minute back on most days. Add 1 minute to each direction every week.
- Eat one extra serving of fruit every day before breakfast.
- Before going to bed each night, write down one thing you want to remember in the morning.
- Close your eyes, breath deeply and meditate for 30 seconds every day.
- Wait 10 minutes longer than normal to have your first cigarette each day.
- Pour out 1/4 of every soda you drink every day.

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- Buy an apple slicer and some apples. Slice and eat one apple per week.
- Go to bed one minute earlier than you usually do every day.
- Once a day, notice where your body might be tense and take one deep breath.
- Slowly count to 10 before the first puff of your first cigarette each day.
- Spit out the first sip of every soda you drink every day.

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