

Get **Active!**

Moving more, along with eating less, will give you the energy you need to do the things you want to do. It will help you manage stress and anxiety, improve sleep and concentration, and boost self confidence. It will also help you.....**LOSE WEIGHT!**

- *Take a brisk walk.*
- *Ride a bike.*
- *Clean the house.*
- *Go grocery shopping.*
- *Use an exercise video.*
- *Take the stairs.*
- *Play with your kids or grandkids.*
- *Walk your dog.*
- *Walk when you do errands.*
- *Lose the remote control.*
- *Exercise while you watch television.*
- *Try an activity you've never tried, like belly dancing.*
- *Walk for a charitable organization.*
- *Work in your garden.*
- *Use a hula hoop.*