

TIP OF THE WEEK



Make Healthy Choices Together

Join your friends or family in a goal to make healthy changes together.

Get active outside. Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time. Keep screen time (computer, television, smart phone) to 2 hours or less a day.

Make healthy meals. Buy and serve more vegetables and fruits.


LivingWell
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

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