Small steps we can take to become our healthiest...

SEPTEMBER 1 Eat 5 fruits or vegetables today They contain important vitamins, minerals and fiber which can help prevent cancer, diabetes and heart disease
SEPTEMBER 8 Limit screen time today You will free up more time to connect with friends, and family which can ward of symptoms of stress, depression and anxiety
SEPTEMBER 15 Get at least 1 hour of movement today And improve your brain health, help manage your weight, strengthen your bones and muscles and improve your ability to do everyday activities.
SEPTEMBER 22 Drink water today (no sugary drinks) Sugary drinks increase the risk of obesity, diabetes, heart disease, fatty liver disease and cavities
September 29 Say hello to a stranger today You may make a new friend, improve your mood and reduce feelings of loneliness

For more info. visit Fit Together NWCT – Healthy Starts Here (how2fitkids.org)