

nothing spells
health
like
H₂O

Spread a healthy living message to everyone you know

dance
to your health's delight

PROTECT THE SKIN YOU'RE IN

Quitting saves more than one life

zzzzzz
you never lose when you snooze
zzzzzz

eat more to gain less

Improve your health
one step
at a time

BE SURE TO EAT THE WHOLE (GRAIN) THING

Pass me MyPlate, please!

wash
rinse repeat
now, let's eat!

Flu prevention isn't seasonal

Let gardening
grow
on you

fruits + veggies
the original fast food

TUNE OUT TO TUNE IN

how many calories do you think you drink?

work on your **balancing act**

let **music** be your personal trainer

52 hints to stay healthy

warm up to getting in shape

PLAN FOR WEIGHT-LOSS SUCCESS

lead
by example

A **muscle** is a terrible thing to waste

We've put together 52 hints for each week of the year. The goal? To educate and inspire healthier choices. Feel free to mix and match or use the hints with your own health campaign. It's entirely up to you! Click the links below.

Take risks with your recipes not your health

Are you making time for good health?

Don't make excuses. **Get moving!**

1 checkup a year can mean a lifetime

[Hints 1-13](#)

[Hints 14-26](#)

[Hints 27-39](#)

[Hints 40-52](#)

eating out doesn't have to be a **b·u·s·t**

take your time to **de-stress**

[Download all 52 hints](#)



KEEP YOUR HEART BEATING STRONG

easy doesn't have to be **greasy**

Sweating with friends is more fun

get active
stay young

~~~~~  
*Don't overdo your barbecue*  
~~~~~

Take the (high blood) pressure off

use your plate as a **canvas**

SHAKE
THE SALT HABIT

Beware fitness myths!

fruit: nature's candy

Variety is the spice of life

SHED YOUR RISK FOR DIABETES

PUT YOUR **TEETH** INTO IT

COMBAT CHOLESTEROL

help your kids do as you **do**

See your way to a brighter future

You don't need a **whole paycheck** for a **wholesome meal**

does your **BMI** add up?

BURN, BABY, BURN!

Fight breast cancer **before it starts**

planning for **BABY**

celebrate in moderation

Not smoking is an essential part of a heart-healthy lifestyle

...
to ER or **not** to ER
...