

APRIL CHANGE IN HABIT

- Choose at least ONE of the 4 actions below to complete during April.
- By May 1, report that you completed one of the actions for a chance in the monthly and end of series drawings.
- We encourage you to report your activities using the online form at http://library.stillwater.org/simple_steps_to_better_health.php.
- Or, you may report in person at the Help Desk, phoning 405-372-3633 x8106, or emailing askalibrarian@stillwater.org.
- At the same time, you can report that you completed your self- evaluation health form.
- The self-evaluation is now also online on the same webpage. Or, you may also turn in a hardcopy to the Help Desk or email it to askalibrarian@stillwater.org.

HABIT 1: Get 150 to 300 minutes of moderately intense or vigorous physical activity each week.

- Brisk walks, tennis, swimming, soccer, basketball, hikes, hula hoops—do whatever you enjoy best.

HABIT 2: Strengthen your muscles at least twice a week.

- Do push-ups or pull-ups, lift weights, do heavy gardening, or work with rubber resistance bands.

HABIT 3: Eat more of these foods:

- fruits and vegetables
- whole-grain breads and cereals
- fat-free or low-fat dairy
- seafood, lean meats, and eggs
- beans, nuts, and seeds

HABIT 4: Limit these foods and drinks:

- sugar-sweetened drinks and desserts
- foods made with butter or other fats that are solid at room temperature
- refined grains (bread, chips, and crackers)

Suggestions are from <https://www.niddk.nih.gov>.

BONUS

Receive and BONUS POINT by ALSO completing a healthy habit change from February or March that is different from the ones above.