

FEBRUARY CHANGE IN HABIT

- Choose any of the 6 actions below to complete during February.
- By March 1, report that you completed one of the actions for a chance in the monthly and end of series drawings.
- You can report your completion 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-health evaluation. The evaluation does need to be turned in to the Help Desk in person or by emailing it to askalibrarian@stillwater.org.

1. For seven days in a row, perform a physical activity for 30 minutes. Examples include:

- Walking
- Practicing your Tai Chi at home
- Active house cleaning
- Bicycling

2. If you are a smoker, smoke 2 fewer cigarettes for 7 days in a row.

3. For 7 days in a row, eat 2 servings of fruit and 3 servings of vegetables each day. From <http://www.heart.org>:

- **Vegetable Servings:** 1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice.
- **Fruit Servings:** 1 medium fruit (medium is defined as the size of a baseball); 1/2 cup chopped, cooked or canned fruit; or 1/2 cup juice.

4. For 7 days in a row, check the labels and keep track of the amount cholesterol, trans fat, and saturated fat of the foods you eat at home.

5. Visit your doctor and have your cholesterol checked if you have not done so this year.

6. For 7 days in a row, eliminate drinking soda pop and replace it with water.