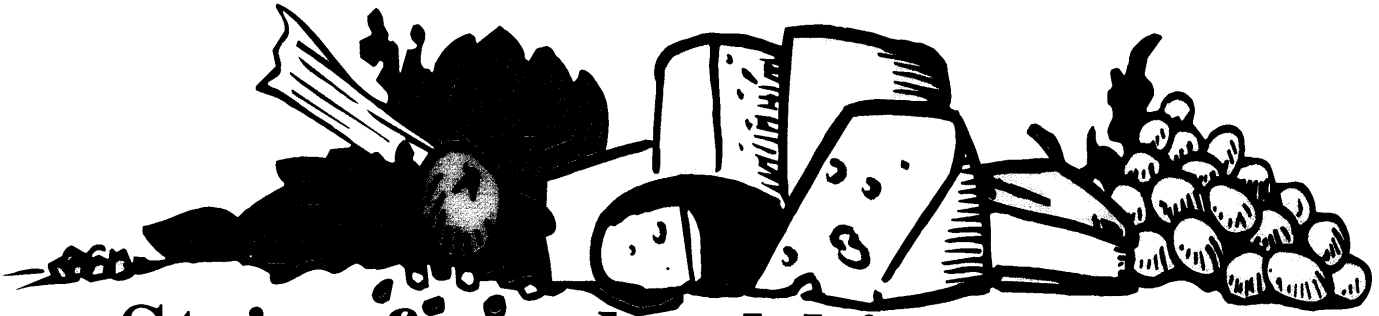


Get Healthy Hartford Invites You to Spring into Action!



Strive for a healthier weight.

- * Set a meal time and share it with family.
- * Cook foods using fresh produce and lean meats.
- * Make your selections at dinner. Then divide your portion in half and pack it for lunch the next day. Its a calorie saver and a time saver.
- * Don't skip meals. The calories you save during the day may cause you to overeat later in the evening.
- * Choose fresh vegetables with a lowfat dressing for a quick snack.

Remember to keep moving!! A daily dose of exercise is essential for good health!

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Get up and get moving! Exercise is one of the best ways to maintain a healthy weight!

