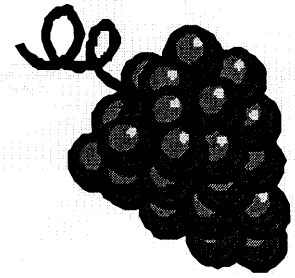


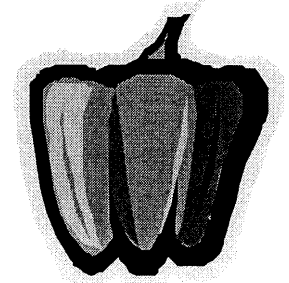
# *Get Healthy Hartford's New Year's Resolution*



## *Get Back To Basics!*



*1. Shop the outside aisles of your supermarket for fresh winter produce, lean meats and low fat dairy products.*



*2. Keep ready to eat snacks on hand such as lowfat yogurt, pretzels, apples, and cheese for a satisfying and healthful treat.*

*3. Pack a snack bag for the road. Include small 100% juice boxes, low fat crackers and fresh cut vegetables.*

*4. Remember to watch your portion sizes!  
Serve or pack meals and snacks in  
smaller containers to avoid  
overeating!*

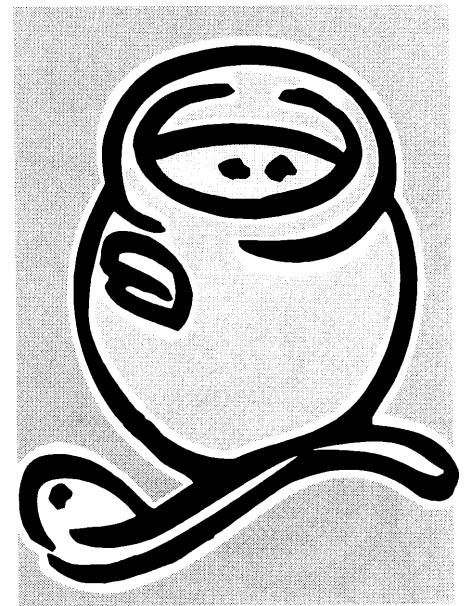


# Get Healthy Hartford's New Year's Resolution *Carpe Diem! Seize the Day!*



*Remember what it was like to slide down a snowy hill or build a snowman or snow woman on a Winter's day? Treat yourself and your children to a day of out door play!*

*Bundle up the kids, grab an umbrella and head outdoors for an old fashioned walk during a rain or snow shower! It will put a skip back in your step and help you burn some calories on a cold Winter's day.*



*Pack a winter picnic and head for the park. A Thermos of hot soup and some sandwiches will become a feast when shared with your family one sunny, but cold afternoon. Bring along a ball or a sled for a fun family activity after lunch.*

