



# Prevention: A Blueprint for Action



 U.S. Department of Health  
and Human Services

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### *Take a Small Step to Get Healthy*

Poor diet and physical inactivity are poised to surpass tobacco use as the leading cause of preventable death in the U.S. To encourage individuals to make small deliberate changes in their lifestyle — changes that foster healthy eating, physical activity and the development of habits that support the prevention of disease — HHS Secretary Tommy G. Thompson, in partnership with The Advertising Council, has introduced the *Healthy Lifestyles Campaign*. The national public education program highlights small changes over time rather than drastic lifestyle changes that are difficult to maintain. A state-of-the-art web site, [www.smallstep.gov](http://www.smallstep.gov), offers consumers ongoing ideas and support to pave the road to a healthier lifestyle.

1. Walk to work.
2. Use fat free milk over whole milk.
3. Do sit-ups in front of the TV.
4. Walk during lunch hour.
5. Drink water before a meal.
6. Eat leaner red meat and poultry.
7. Eat half your dessert.
8. Walk instead of driving whenever you can.
9. Take family walk after dinner.
10. Skate to work instead of driving.
11. Avoid food portions larger than your fist.
12. Mow lawn with push mower.
13. Increase the fiber in your diet.
14. Walk to your place of worship instead of driving.
15. Walk kids to school.
16. Get a dog and walk it.
17. Join an exercise group.
18. Drink diet soda.
19. Replace Sunday drive with Sunday walk.
20. Do yard work.
21. Eat off smaller plates.
22. Get off a stop early and walk.
23. Don't eat late at night.
24. Skip seconds.
25. Work around the house.
26. Skip buffets.
27. Grill, steam or bake instead of frying.
28. Bicycle to the store instead of driving.
29. Take dog to the park.
30. Ask your doctor about taking a multi-vitamin.
31. Go for a half-hour walk instead of watching TV.
32. Use vegetable oils over solid fats.
33. More carrots, less cake.
34. Fetch the newspaper yourself.
35. Sit up straight at work.
36. Wash the car by hand.
37. Don't skip meals.
38. Eat more celery sticks.
39. Run when running errands.
40. Pace the sidelines at kids' athletic games.
41. Take wheels off luggage.
42. Choose an activity that fits into your daily life.
43. Park further from the store and walk.
44. Ask a friend to exercise with you.
45. Make time in your day for physical activity.
46. Exercise with a video if the weather is bad.
47. Bike to the barbershop or beauty salon instead of driving.
48. Keep to a regular eating schedule.
49. If you find it difficult to be active after work, try it before work.
50. Take a walk or do desk exercises instead of a cigarette or coffee break.

