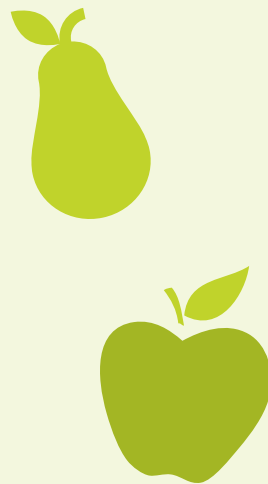


GET ACTIVE

Workplace Wellness

Sustaining healthy eating habits can be hard. Focus on the following for ultimate results!

1. SNACK ON THE GOOD STUFF



Stash away nutritious snacks so you aren't tempted to grab unhealthy, convenient options. A little planning goes a long way.

4. CUT BACK ON MEAT

Fruits and vegetables are best. Get your protein through fresh legumes instead!



3. CHECK NUTRITION INFORMATION



It's okay to partake in a treat every once in a while, but check nutrition information to ensure what you eat won't send you down an unhealthy path.

Things to stay away from:

- Saturated fats
- Trans fats
- High Sodium
- High Sugar

2. HYDRATE WITH FRESH FLUIDS

By drinking water instead of sugary sodas and other sweetened beverages, you can cut calories and stay hydrated.



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