Read the food label on all your foods	Stop drinking **soda**
Get a pedometer & take 10,000 steps every day	Eat breakfast! Or if you do already, add some lean protein to it
Watch **less TV**	Use smaller plates - you'll eat less!
Only take the stairs - no elevators	Create a food diary
Cut back on your alcohol	Stop hitting the **snooze** button
Pack your own lunch for work	Eat a small handful of plain nuts every day
STOP SMOKING	Create an activity diary
Start your day with exercise instead of coffee	Don't **sit** for more than a half-hour at a time
Get the sleep you **know** you should!	Find a walking/jogging partner
Join a once-a-week activity (tennis club, bowling team, swim group)	Stop using salt (try potassium-chloride or KCl instead)
Start a resistance training program	Take your **meds** every day as directed
Drink 64oz clear fluid (water, tea) every day	Learn how to train your true core and WORK it
Eat 2-4 fruit servings and 3-5 veggie servings each day	Get your annual physical
Hire a personal trainer	Go see a nutritionist
Weigh yourself once a week, same time in the morning, same day each week	When eating out, cut your meal in half and it take home
Walk 10 extra minutes every day	Add intervals to your exercise
Join WeightWatchers	Do your best to not eat after 8pm
Go outside more - doesn't matter what you do, just get outside!	Instead of a mid-afternoon coffee, try brief exercise
Stand and march in place during TV commercial breaks	Switch to a margarine without partially-hydrogenated oil