



LiVE What Can You Do?

8 Habits to LiVe By

- Nutrition
 - Eat Breakfast
 - Eat more fruits and vegetables
 - Limit or eliminate sweetened beverages
- Physical Activity
 - Limit screen time
 - Increase your physical activity
- Behavior
 - Eat meals together as a family
 - Be positive about food
 - Don't criticize about weight

LiVE Nutrition

- Always eat breakfast – and make it healthy

LiVE Nutrition

- Eat more fruits and vegetables

LiVE Nutrition

- Limit -- or eliminate -- sweetened drinks

LiVe Activity

- Limit screen time (TV, video games, Internet)

LiVe Activity

- Increase your physical activity

LiVe Behavior

- Eat meals together as a family – sitting down

LiVe Behavior

- Be positive about food

LiVe Behavior

- Don't criticize about weight

LiVe Resources



- www.intermountainlive.org
- 8 to LiVe by Summary Sheet
- 8 to LiVe by Tracker
- LiVe Posters
- LiVe Television commercials