



**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



## Activity

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



## Activity

- Increase your physical activity



## Behavior

- Eat meals together as a family – sitting down



## Behavior

- Be positive about food



## Behavior

- Don't criticize about weight



## Resources



[www.intermountainlive.org](http://www.intermountainlive.org)

- 8 to LiVe by Summary Sheet
- 8 to LiVe by Tracker
- LiVe Posters
- LiVe Television commercials