

Small Changes ... Make a Big Difference

What would happen if.....



- You drank only one 20oz Mountain Dew a day instead of two?
 - *Weight loss of 29 pounds a year*
- You gave up your daily Snickers bar and only had one only 5 days a week?
 - *Weight loss of 6.5 pounds a year*
- You replaced your regular potato chips with a baked version? (Eaten daily)
 - *Weight loss of 4.1 pounds a year*
- You switched from regular beer to light beer (based on two beers daily)
 - *Weight loss of 7.3 pounds a year*
- You switched from 2% milk to Skim, based on 2 – 8 oz. glasses of milk daily?
 - *Weight loss of 9.8 pounds a year*

***What small changes can you make
to improve your health in 2014?***