



National Institute of  
Diabetes and Digestive  
and Kidney Diseases

# This summer, re-energize your goals to eat healthy and stay active!

*These tips can help you stay on track.*



## Schedule a set time for physical activity and stick to it.

Any physical activity, even for a short time, is a good thing.

## Reduce screen time.

Take a break from sitting at the computer or TV and go for a short walk or stretch.



## Make a healthy version of a summer dish.

Share at a picnic or potluck with your family, friends, or coworkers.

## Limit treats and alcohol.

Eat a smaller slice of pie or have a small glass of wine.



Wherever you are on your journey to active and healthy living, start by taking these small steps to improve your health and feel great.

► Visit [www.niddk.nih.gov](http://www.niddk.nih.gov) for more tips on weight management and healthy eating.

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