





A Recipe for Better Health: Eat Well, Move More

Combining regular physical activity with a healthy diet is a great way to maintain good health, prevent chronic diseases and manage your weight. Moving more and eating nutrient-rich goods can also help you keep up with the demands of your busy life and be there for the people who depend on you.



THIS MONTH'S ACTIVITY: Use this chart for ideas on the behaviors you and your team can focus on. Try it for a week, try it for a day. Just jump in! Then join the UBT health and safety champions tele-town hall on **Wednesday, March 26**, to let us know how you did.

TRADE THIS	→	FOR THIS
Sitting during a meeting	→	Participating in a walking meeting or stretch breaks
Taking the elevator	→	Taking the stairs
Drinking sugary beverages such as soda, fruit juice or sports drinks	→	Drinking fruit-infused "spa" water, unsweetened coffee or tea, or flavored sparkling water
Ordering doughnuts for a breakfast meeting	→	Ordering unsweetened or low-sugar yogurt with fruit for a breakfast meeting
Grabbing a candy bar from the candy bowl for that afternoon pick-me-up	→	Grabbing a piece of fruit, or veggies and hummus for a healthy snack
<p> ADD YOUR OWN: The current behavior we want to change</p> <input type="text"/>	→	<p> ADD YOUR OWN: The new behavior we want to take on</p> <input type="text"/>

SMARTIE GOAL: Our UBT will participate in a team challenge that combines physical activity and healthy eating, such as "Eat the Rainbow" (eating colorful fruits and veggies) paired with a daily step goal. We will make this goal **INCLUSIVE** for all UBT members regardless of physical abilities or limitations. We will make this goal **EQUITABLE** by offering opportunities for all staff to participate regardless of work shift.

PREDIABETES: People who neglect the need for physical activity and a healthy diet are at greater risk of developing prediabetes, a condition marked by elevated blood sugars that could lead to type 2 diabetes, heart disease and stroke.

Could you have prediabetes? It only takes 1 minute to find out by taking the prediabetes risk test at doihaveprediabetes.org.

