



CHALLENGE ACCEPTED



You'll probably eat out more this month. Staying on track during the holidays is a challenge, but it is possible!

BE PREPARED

When you know you're going to a restaurant, look up the nutrition info before you go and choose what you'll order.

BE ACTIVE

Look for opportunities to be active like taking a walk after a meal or walking in place while watching a Christmas movie.

BE FREE

Think of how proud you'll feel when, after the holidays, you can say you consistently made healthy decisions!

PERSONAL COACHING
GET STARTED

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