

7 TIPS FOR GETTING HEALTHIER



MOVE YOUR BODY

Find ways to increase your activity level — take the stairs instead of the elevator, or have a walking meeting instead of in a conference room.



TRACK YOUR PROGRESS

Wear a FitBit or start a food journal. Keeping a log of food and fitness can help you identify where you can make changes.



BUY ORGANIC PRODUCE

Buy veggies at a local farmer's market and get to know the people who grew your food.



TRY A NEW RECIPE

Food cooked from scratch tastes better than heating up a prepared meal — and you'll be skipping all the artificial ingredients and preservatives.



WALK A DOG

Volunteer to walk a dog at the Austin Animal Shelter and get your exercise at the same time!



PLANT A GARDEN

Gardening is an excellent form of exercise and a way to get out of the gym! It's also a fun way to grow your own veggies and herbs.



REDUCE EXPOSURE TO TOXINS

Use environmentally-friendly products for all your spring cleaning.

Make *Austin* Greener



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