



# MyPlate MyWins

## An active lifestyle

Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym.



### Get social

Get active with your friends instead of going out to eat.

Go for a hike, walk around the mall, or play an exercise-themed video game.



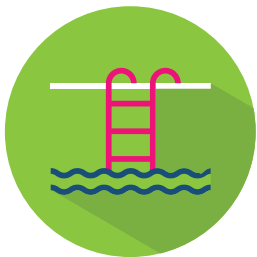
### Move more at work

Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.



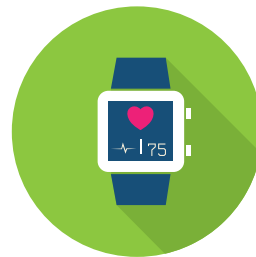
### Do something new

Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.



### Keep cool in the pool

Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.



### Stay on track

Use [SuperTracker.usda.gov](http://SuperTracker.usda.gov) to track your activity. Sync your FITBIT® for easy entry and join a challenge for friendly competition.



### List more tips

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