

# Remember to Take Five!



Achieving a healthy weight can help you improve your health and well-being. **Take five** with these **five key actions** that can help you succeed in losing weight or maintaining it!



**Set a goal to lose 5 pounds or commit to maintaining your weight over the next 12 weeks.** Losing as little as five pounds can positively improve your health. And the best part — it's realistic for almost everyone!



**Be physically active 5 days a week.** Physical activity plays a key role in both losing weight and maintaining it.



**Eat 5 times a day.** Eating on a regular schedule can help you feel satisfied throughout the day. Start the day with breakfast; eat lunch, dinner and two healthy snacks.



**Eat at least 5 servings of fruits and vegetables each day.** Plan to eat a fruit and/or vegetable at each meal and snack and you'll be all set!



**Take 5 minutes for yourself each day.** Spending five minutes on yourself helps you manage stress, which helps you stick with your weight management efforts.

Wellness   
the **NU** Way

Live well. Feel well. Be well.