EHA WELLNESS
An Educators Health Alliance Program

Less Is More

Enjoy your food, but eat less.

health matters
EDUCATE ENGAGE EMPOWER
CREATING A CULTURE OF WELLNESS

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or challenges designed to promote health and prevent disease.

Challenge Guidelines October 2016:

- Fill half your lunch or dinner plate with fruits and vegetables.
- Use your 8 oz / 1 cup mini serve bowls for preparing food, serving small portions, and limiting snack size.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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