

One Simple Change



Change is hard, and when it comes to big life changes that center around health and wellness...losing weight, quitting smoking, these changes can seem overwhelming.

This is why we are introducing the “**One Simple Change**” campaign. Think of living a healthy lifestyle as a work in progress. The easiest way to start is to make simple changes that can add up achieving the big goals in the long run.

Each week, we will ask you to think of just one thing you can change to help you reach your health goals. The first week may be drinking water instead of soda, or walking for 20 minutes during lunch. Just **One Simple Change** that you can stick with for that entire week. Hopefully, you will learn that that simple changes can continue for more than one week, and you will build on your healthy successes!

So join us each week and make **One Simple Change** and get started on your journey to a healthier, happier life. Remember, **you can't change your health in one day, but you can change it day by day.**

For more information visit www.minuteman-nashoba.org/wellness