

**3 behaviors** – no physical activity, poor diet, tobacco use – lead to  
**4 diseases** – cancer, lung disease, heart disease, type 2 diabetes – resulting in more than  
**50 percent of deaths** in Vermont each year.

These diseases can often be prevented with changes in diet, physical activity and by quitting smoking. Making small changes can make a big difference over time.



### Get more physical activity

- Choose fun and realistic activities such as walking or rolling for 30 minutes a day to help increase energy. You can also do light or moderate activities for 10 minutes, three times a day.



### Eat at least two fruits and three vegetables each day

- Make half the foods on your plate fruits or vegetables at lunch and dinner.
- Cut back on sugary drinks, like soda, sweet tea and energy drinks.



### Involve your friends and family

- Invite a friend to exercise with you.
- Challenge your family to try new fruits and vegetables with you.



### If you use any form of tobacco, get help to quit

- 802Quits.org offers free treatment to help you quit, including e-cigarettes. You can get help in-person, online or by phone.
- They offer free gum, patches and lozenges to make quitting easier.



### Talk to your health care provider

- They can help you make a wellness plan, offer advice, and connect you to resources, like someone who can help you choose healthy foods.