You can make a difference on your own and with your community. Everyone will benefit!

These ideas have been brought to you by the Prevention Research Center at Tulane University (PRC). PRC programs look at how small changes to the neighborhood can improve residents’ health. To learn more about our programs, please contact us by phone or email:

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We all know we should do more to be healthy. Sometimes it seems so hard – but it doesn’t have to be. Making small changes for yourself can have big rewards. And if you team up with your neighbors to make changes in your community, being healthy will be even easier!
Make the Healthy Choice
what YOU can do...

1. Eat more fruits and vegetables.
   Eat an apple or a carrot or a banana. These are "fast" foods that give your body what it needs to be healthy.

2. Don't buy junk.
   We're talking soda, chips, candy, and what you usually call fast food. They are bad for your health.

3. Walk.
   To school. To the store. To work. For fun! And if you have to drive, try parking further from the entrance to get in some extra steps.

4. Take a friend along when you walk.
   You'll have more fun and help someone else, too.

5. Take the stairs.
   Not the elevator or the escalator.

6. Turn off the TV.
   Turning off the TV gives you time to get out and be active. When you eat in front of the TV, you gain even more weight.

7. Play with your kids or grandkids.
   Or a neighbor's kids. It will be good for you and good for the kids.

8. Don't snack.
   We often eat just because it's there. Keep the food away from you and do something you enjoy so you won't miss the snack.

9. Don't supersize.
   Value meals are no value if they give you a whole day's worth of calories in one meal.

10. Cook and eat at home.
    It will save you money and chances are it will be healthier than what you would have gotten somewhere else.

Make the Healthy Choice
what your COMMUNITY can do...

1. Ask local stores to carry fruits & vegetables and stop selling junk food.
   Stores might think customers won't buy fresh produce. Together, you can show them you will.

2. Ask City Hall to fix the sidewalks and add bike lanes to your neighborhood.
   Sidewalks give you a place to walk safely. Bike lanes provide a healthy way for kids to get to school and for people to get to work.

3. Ask the principal to get rid of junk food and sodas in your local school.
   Kids will eat what is available to them. They will learn healthier habits if they don't always have junk food around.

4. Organize a neighborhood clean up.
   Your neighbors are more likely to go outside in a cleaner neighborhood.

5. Clean up neighborhood playgrounds.
   Then provide supervision to give kids a safe place to play.

6. Start a walking club.
   There's safety in numbers, so get everyone together and get moving.

7. Report broken street lights and unsafe conditions.
   Neighborhoods that look unsafe attract criminals. If residents demand a better environment, they can reduce crime.

8. Take back your neighborhood.
   Crime happens when people are not watching. Neighbors who gather to socialize can keep their eyes on what's happening.