

ARE YOU HUNGRY OR BORED?



EAT BETTER. LIVE BETTER.

Wellness Wednesday

ARE YOU HUNGRY OR BORED?

If you're eating three well-balanced meals and one snack a day but still feel the urge to snack, you may be eating because you're bored.

Here are some other activities you can do instead of eating:

- **WALK** around the neighborhood with your family
- **READ** a book
- **RUN** through sprinklers in your yard
- **FLY** a kite
- **PLAY** a game
- **DRINK** a glass of water
- **KICK** a soccer ball
- If you still feel hungry, make sure you're choosing healthy snacks such as raw vegetables or fruit!
- **DANCE** to music

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Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.