Go bananas! Maintaining a balanced diet is learned at an early age. Infuse healthy food options into snacks and plan meals ahead of time.

Source: CDC Vital Signs

Geek out. The more education you have, the longer your life could be. Nearly one-third of Americans agree that access to quality education has a big impact on their health.

Source: Healthiest Cities & Counties Challenge Survey

Challenge Survey

Take a stand. Your desk job and computer could be negatively impacting your health. Carve out time to visit your co-workers, stand and stretch at your desk or take a walk.

Source: Healthiest Cities & Counties Challenge Survey

Stop and smell the roses. Life can get overwhelming, but the simple act of a few deep breathes can help calm the mind and relieve stress. More than eight in ten Americans agree their mood and stress level have an equal impact on their overall health as the food they consume.

Source: Healthiest Cities & Counties Challenge Survey

Water, water everywhere. Opt out of sugary sodas and juices and reach for a tall glass of water. Water lubricates joints, protects the spinal cord and prevents weight creep. 73 percent of Americans agree they need to drink plenty of water in order to have a healthy day.

Source: CDC + Healthiest Cities & Counties Challenge Survey

Park it. Take advantage of your local public park. Nearly half of Americans report needing to spend time outdoors in order to have a healthy day. Parks are a great way to relieve stress, enjoy nature and engage in exercise.

Source: Healthiest Cities & Counties Challenge Survey

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