

Appendix B: Pre-tested Messages


Appendix B1: Healthy Living Cards



Healthy Living
Is at the tip of your fingers

1. Order non-fat milk in your latte instead of whole.
2. Share an entree with a friend.
3. Park further from the door and take the stairs.
4. Never be fruitless.
5. Make a grocery list before shopping.
6. Choose a checkout without candy.
7. Make half your grains whole.
8. Box up half of your meal before you eat.

Healthy Living



Is at the tip of your fingers



- dance to music
- do yard work
- go for a walk
- eat an apple
- go for a drive
- call a friend
- drink some water
- do sit ups
- exercise with a friend