

Hero Mom Success Card #9



“I made healthy changes at work.”

Linda G.

Working mom
Two kids, ages 13 and 7

Pack Healthy Lunches and Snacks

Include fruits and vegetables — fresh, frozen, dried, 100% juices — they're all good.

Plan Your Breaks

Get up and get active during breaks — take the stairs or walk with co-workers.

Get Watered Down

Skip the soda and energy drinks and drink water.

**Mail the enclosed
reply card to get FREE
'mom-tested' tips and
recipes!**

www.cachampionsforchange.net

