

Healthier Moments Start with a Conversation

Making small changes at community events like church gatherings or team sport events can help maintain healthy habits. Many people are open to uncovering new ways to build healthier futures together - it all starts with asking the right questions. **Here are some questions to help you start the conversation:**



Healthier Snack Choices:

"What do you think about offering water and some healthier snacks like fruit, veggies or whole grain options at our next event? It might help everyone stay energized and feel their best."



Keep it Moving:

"Sitting too long can make it hard to stay engaged. How about we arrange some open space in the room so we have space for movement, stretching and games?"



Inspiring Others:

"I have really enjoyed organizing our weekly walking group. Do you want to take the lead in organizing other healthy activities for our team?"



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