

# Four small changes that will greatly improve your health and your life.

**1** DON'T SMOKE

**2** EAT BETTER

**3** BE ACTIVE

**4** LIMIT ALCOHOL

Much of Ontario's \$80 billion healthcare cost is associated with four chronic diseases, each closely linked to four basic lifestyle habits we can all change.

## What can YOU do about it?

Each of us can make four simple changes in our lives. Just four. You can even start slowly and move at your own pace. You'll feel better, live better, and maybe even lighten the load on Ontario's healthcare system.

## Learn more.

The more you know, the easier it is to stick to your goals. Visit us at: [4smallchanges.com](http://4smallchanges.com)

## 4 small changes. A lifetime of results.

Give yourself a green light for healthy change. Start today! This message is brought to you by Go For Health Windsor-Essex, a community based partnership.

