Anthem provides healthy solutions no matter which product you choose.

Take a Small Step to Get Healthy*

- Take a walk.
- Use fat-free milk instead of whole milk.
- Do sit-ups in front of the TV.
- Walk during the lunch hour.
- Drink water before a meal.
- Eat leaner red meat and poultry.
- Eat half your dessert.
- Walk instead of driving whenever you can.
- Take a family walk after dinner.
- Skate to work instead of driving.
- Avoid food portions larger than your fist.
- Mow the lawn with a push mower.
- Increase the fiber in your diet.
- Walk to your place of worship instead of driving.
- Walk kids to school.
- Get a dog and walk it.
- Join an exercise group.
- Drink diet soda.
- Replace a Sunday drive with a Sunday walk.
- Do yard work.
- Eat from smaller plates.
- Get off the bus a stop early and walk.
- Don’t eat late at night.
- Skip seconds.
- Work around the house.
- Skip buffets.
- Grill, steam or bake instead of frying.
- Bicycle to the store instead of driving.
- Take your dog to the park.
- Ask your doctor about taking a multi-vitamin.
- Go for a half-hour walk instead of watching TV.
- Use more vegetable oils instead of solid fats.
- Eat more carrots, less cake.
- If you find it difficult to be active after work, try it before work.