



Healthy eating

Dreaming of a double cheeseburger with extra mayo, and fries on the side?

Everything you eat and drink matters. Change unhealthy eating habits by making small changes. For example if you like fruit, aim to eat more fresh fruit. Or drink water instead of a soft drink. Work towards incorporating more veggies into your routine. Find your healthy eating style and maintain it for a lifetime.

For more information visit the Health and Wellness link under the MY HR tab on LiteBlue at <https://liteblue.usps.gov>.

And that's smart safety!

For additional information or guidance, contact your safety office.