

Potty Pointers

Kick It Up a Notch!

Want to improve your health and increase your wealth? You may need to kick it up a notch. An easy way to change your habits is to focus on taking small steps that are doable for you. Start where you are today and kick it up a notch!



Health:

- **Exercise** – Add 10 minutes to your daily exercise routine. Already getting the recommended amount? Kick it up by finding a new challenge. Run a 5K. Try a new sport. Join a hiking club.
- **Fruits and Vegetables** – Not eating the recommended servings every day? Kick it up a notch by adding one.

Wealth:

- **Retirement Savings** – Add an extra 1 or 2% from your paycheck.
- **Credit Card Debt** – Pay a little more toward your bill each month.
- **Home Mortgage** – Add an extra \$50 or \$100 toward the principal on your mortgage payment.



Learn more strategies for success with Small Steps to Health and Wealth.

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