

# Potty Pointers

## Defy the Odds!



Do you ever remember being determined to do something you had been told not to do? Maybe when you were a teenager? Rebellious teenagers aside, a spirit of defiance can be a great motivator in pursuing your health and financial goals. Defying the odds creates a sense of control that can lead to successful behavior change.

### Financial statistics to defy:

- The average U.S. household carries credit card debt of more than \$7,000.
- Households are saving only about 1% of income.

### Health statistics to defy:

- Nearly half of adults don't get the recommended 150 minutes of exercise per week.
- Two-thirds of Americans are overweight or obese.



Tap into your rebellious nature to motivate positive behavior change. Defying the odds can help you reach personal finance and health goals.

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

- Visit our website at [arfamilies.org](http://arfamilies.org).
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