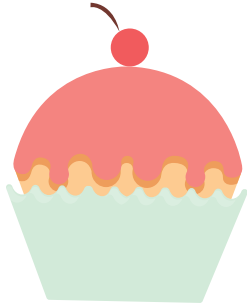


# STRUCTURE YOUR ENVIRONMENT



KEEP TEMPTING FOODS  
**OUT OF THE HOUSE**



**EAT OFF YOUR PLATE**  
(NOT OUT OF THE BAG!)



PUT HEALTHY SNACKS  
**AT EYE LEVEL**



**USE SMALLER**  
PLATES

**RE-ROUTE YOUR WAY HOME**  
FROM WORK TO AVOID TEMPTATION

