

"Small Steps to a Healthy Lifestyle" - *Improving the health and well-being of America*

What is it?

"Small Steps to a Healthy Lifestyle" is an initiative of the Department of Health and Human Services (HHS). HHS is the United States government's principal agency for protecting the health of all Americans. The agencies perform a wide variety of tasks and services, including research, public health, food and drug safety, grants and other funding, health insurance, and many others.

The "Small Steps to a Healthy Lifestyle" – Program shows you that even [small changes](#) in your life will add up to big results -- and you can build on small successes to see change.

It encourages you to:

- Integrate better [eating habits](#) into your life.
- Integrate better [activity habits](#) into your life.
- Set realistic goals. Take small steps to meet them.

It offers the tools and information you need to live longer and become a healthier, happier you.

How to enroll (free) and track your activities?

Click here <http://www.smallstep.gov/index.html>. You will find a free activity tracker you can click on. You will need to create a log-in and password in order to get started. Once logged in, you can begin tracking your physical activity. The small step activity tracker allows you to:

- Set physical activity goals
- Enter and save your physical activity on a calendar
- Track and view a graph of your progress
- Earn an achievement certificate for reaching your goals!

Privacy Policy

Any information that you enter will be used only for the smallstep.gov activity tracker. See the [privacy statement](#) for full disclosure.