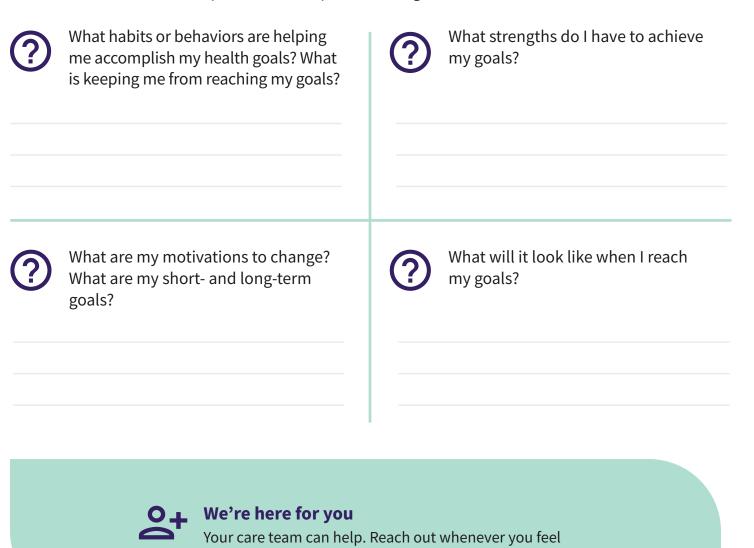


## Building new habits to feel your best

Creating healthy habits can help you feel your best with kidney disease. Take charge of your life by focusing on small changes and heathier choices, like planning ahead to eat kidney-friendly foods.

## How to change your habits

Progress happens one day at a time. With practice, you can make better decisions and build healthier habits. Use these questions to help make changes.



the need.