



## 10 Tips to healthy eating and physical activity for you.

### 1. Start your day with breakfast.

Breakfast fills your “empty tank” to get you going after a long night without food. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt and fruit, whole-grain waffles or even last night’s pizza!

### 2. Get Moving!

It’s easy to fit physical activities into your daily routine. Walk, bike or jog to work. Take a 10-minute activity break every hour while you read or watch TV. Climb stairs instead of taking an escalator or elevator.

### 3. Snack Smart.

Snacks are a great way to refuel. Choose snacks from different food groups – a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.

### 4. Work up a sweat.

Vigorous work-outs – when you’re breathing hard and sweating – help your heart pump better, give you more energy and help you look and feel best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging, or dancing. Follow-up with activities that help make you stronger such as, push-ups or lifting weights. Then, cool-down with more stretching and deep breathing.

### 5. Balance your food choices – don’t eat too much of any one thing.

Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you get all these nutrients.

### 6. Get fit with friends or family.

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.



**7. Eat more grains, fruits and vegetables.**

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as whole-wheat, bagels and pita. Spaghetti and oatmeal are also in the grain group. Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or salad.

**8. Join in physical activities.**

Walking, taking an aerobics class or joining a sport are great ways to stay active. Structured activities are a sure way to feel good, look good and stay physically fit.

**9. Foods aren't good or bad.**

A healthy eating style is like a puzzle with many parts. Each part, or food, is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. Don't forget about moderation. If two pieces of pizza fill you up, you don't need to eat a third.

**10. Make healthy eating and physical activities fun!**

Take advantage of physical activities you and your loved ones enjoy doing together and eat the foods you like. Be adventurous – try new sports, games and other activities as well as new foods. You'll grow stronger and look and feel better. Set realistic goals – don't try changing too much at once.

