

Eat Smart, Live Strong

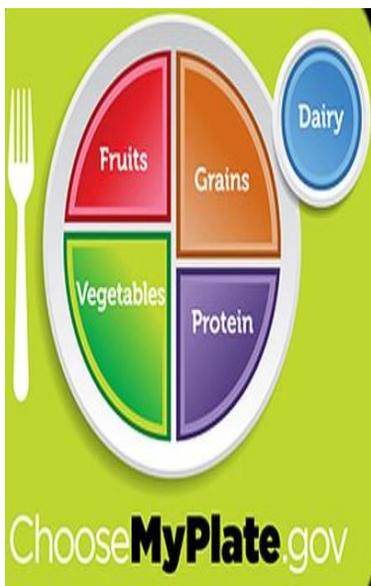
Encouraging People to Eat Better & Exercise More



Choose LOTS of Fruits & Vegetables

- Aim for 3 ½ cups each day
- Fill half of your plate with Fruits & Veggies

Participate in at least **30 minutes** of *moderate-intensity* physical activity most days



Health Benefits of Fruit & Vegetable Consumption:

- Provide vitamins, minerals & fiber for good health & regularity
- Prevent or delay the onset of chronic disease such as heart disease, obesity & hypertension
- Add color, taste & variety to your diet



Moderate-Intensity Physical Activity:

- walking
- dancing
- weight lifting
- jogging
- swimming
- stationary cycling

Money Saving Tips:

- ✓ Choose fresh *in season* fruits & vegetables
- ✓ Look for frozen & low-sodium canned fruits & vegetables

Health Benefits of 30 mins of physical activity most days:

- Build & maintain healthy bones, muscles & joints
- Improve strength
- Increase balance
- Reduce fall risk
- Decrease stress
- Improve sleep