



Tips for Getting Healthy

Physical Activity

Recommendation:

- Be active at least 150 minutes a week with moderate intensity physical activity, for at least 10 minutes at a time.
- Do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

Tips for Getting Active

With a little creativity and planning, even the busiest person can make room for physical activity. For many individuals, before or after work or meals is often an available time to cycle, walk, play, or just be active. Think about your weekly or daily schedule and look for or make opportunities to be more active. Every little bit helps. Consider the following list of suggestions:

- Walk, bike or jog instead of driving
 - Get on or off the bus several blocks from your stop
 - Take the stairs instead of the elevator
 - Standup at least once every hour and stretch
 - Walk the dog
 - Park the car farther away from your destination
 - Play with the kids
 - Take fitness breaks like walking or desk exercises during work
 - Garden or do home repair activities
 - Exercise while watching TV
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Nutrition

Recommendation:

- Increase fruit and vegetable consumption to at least 5-9 servings a day.
- Reduce consumption of “junk” foods, or foods considered of minimal nutritional value.

Tips For Eating Healthy

- Eat small meals throughout the day
 - Eat a variety of fruits and vegetables
 - Prepare fresh vegetables to have as a snack throughout the day
 - Eat whole grain products and lean meats
 - Pay attention to serving sizes, trying not to over eat
 - Wait 15 minutes before going back for second helpings
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Tobacco-Free Living



Recommendation:

- Do not use cigarettes, cigars, pipes, smokeless tobacco or any other form of tobacco product.
- Minimize exposure to second-hand smoke.

Tips for Tobacco-Free Living

- If you use tobacco, find free help to quit at 1-877-Yes-Quit
- Get a buddy for support while quitting
- Find a nicotine replacement regimen that works for you like gums, lozenges or patches while quitting
- Minimize your exposure to second-hand smoke, whether you use tobacco or not