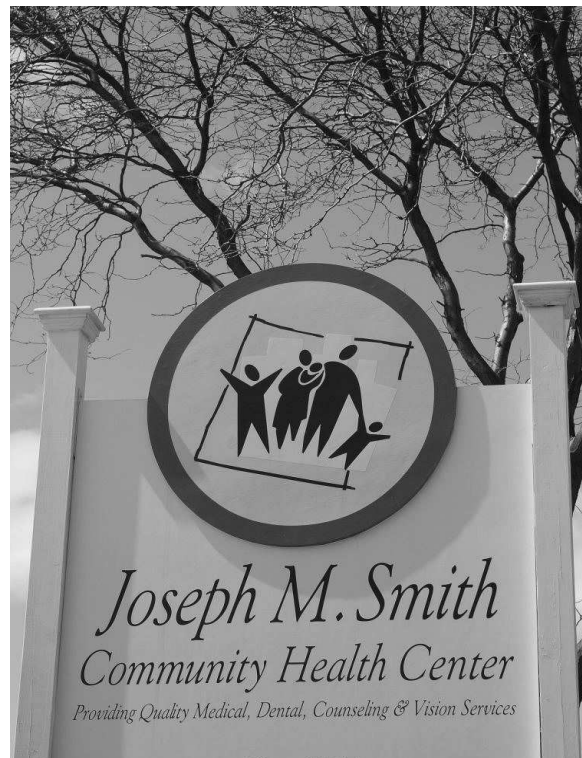


## HOW TO STAY HEALTHY

Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. For example:

- See your doctor for regular screenings, **not just when you are sick**
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- **Quit smoking**
- Protect yourself from too much sun
- Start the day with breakfast. Refuel your body and gain energy for the day
- Children imitate their parents — so set a good example by serving a variety of foods
- Eat slowly. It is easier to tell if you are hungry or full when you eat slowly
- Drink plenty of fluids during the day.

Visit your local  
Community Health  
Centers for health  
information, care, and  
workshops



- **Reward children with praise rather than food**
- Serve food in small portions. Do not demand or reward “a clean plate.” Let your child ask for more if still hungry

- Read nutrition labels for serving size and calorie information. The information on the labels can help you select foods that best fit into your family's meals and snacks plans
- **Move more.** Try to get between 30 to 60 minutes of physical activity every day. Several 10 to 15 minute sessions of moderate activity each day add up
- Limit TV, computer and video game time to a total of one to two hours per day
- Increase household activities (e.g., dusting, vacuuming, etc.). These activities are good ways to burn calories
- Walking is an easy way to be more active every day
- **Be a role model for your children.** Do something active every day
- Record your physical activity: how long, how often and how hard you worked out
- Eat only at the kitchen table. Don't watch television or talk on the phone while you eat
- Set goals you can achieve. For example, aim for eating more vegetables
- Use alternatives to eating when you're not hungry: take a walk, play a game, read a book, or call a friend
- Do your grocery shopping on a full stomach
- Eat only because you're hungry, not because you're bored, tired or stressed



**Always eat and drink in moderation and consume healthy food**