GET MOVING!

Exercise for at least 30 minutes a day!

Don’t spend more than 2 hours a day watching television or playing computer/video games.

Things to do when it’s just you:
• Practice hopscotch or jump rope
• See how long you can hop on one foot
• Count the steps it takes to walk around your house

Things to do when there are two:
• Ride bikes (don’t forget your helmets)
• Practice pitching and hitting a baseball
• Have a race

Things to do when there are a lot of you:
• Play tag
• Play hide-and-seek
• Toss around a football

Things to do when you’re stuck at home:
• Set up a scavenger hunt
• Hit a balloon around, trying not to let it touch the floor
• Dance to your favorite music
EAT SMART!
Three keys to feeding your body what it needs:

2. Variety — Pick a lot of different foods. Try new things!
3. Moderation — Enjoy all foods. Just don’t overdo it.

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Did You Know That?
- Eating a lot of junk food can make you sick or tired!
- Fruits and vegetables are packed with vitamins and fiber. Eat one or two at lunch to make sure you’re eating 5 servings a day.

= 1 serving

- Know the facts about fat. — Don’t eat too much!
  Higher-fat foods include french fries, hot dogs, cheeseburgers, macaroni and cheese, and chicken nuggets. Eat them less often.
- Drinks count, too! — You should drink plenty of water. Choose fat-free or 1% milk. Drink only 100% juice, not juice drinks and sodas.

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