

# *Get Moving!*

## **Exercise for at least 30 minutes a day!**

Don't spend more than 2 hours a day watching television or playing 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:**

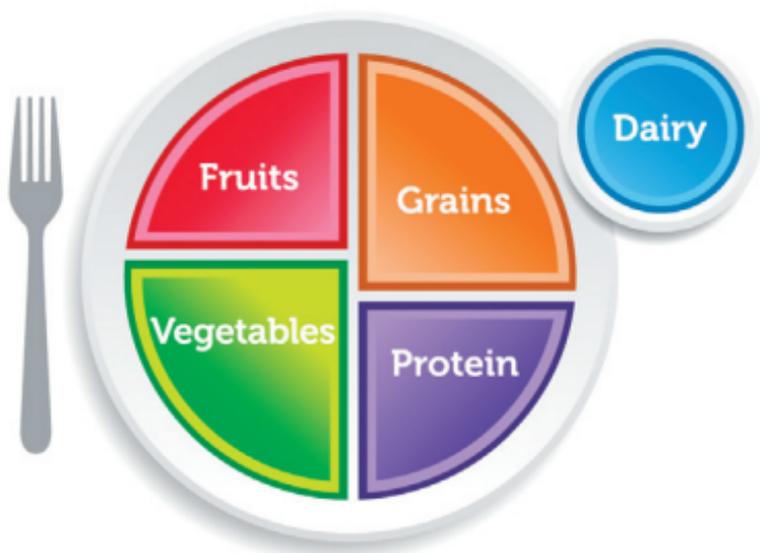
- Set up a scavenger hunt.
- Hit a balloon around, trying not to let it touch the floor.
- Dance to your favorite music.



# Eat Smart!

## Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.



Choose **MyPlate**.gov

## Foods to Increase

- Make half your plate **FRUITS** and **VEGETABLES**.
- Make at least half your grains whole **GRAINS**.
- Switch to fat-free or low-fat (1%) **MILK**.

## Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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