

# 60 DAYS

## Take the Florida Health

# 60-DAYS

## to Better Health Challenge!

Why 60 days?



According to experts, it takes about 60 days to form a new habit!

easy tools

**Eat your colors!**



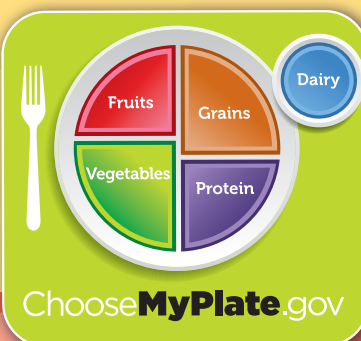
**FRUITS** Make most of your choices whole or cut fruit instead of juice.

**VEGETABLES** Eat a variety every day. Fresh, canned or frozen.

**GRAINS** Make at least half of your grains whole grains.

**DAIRY** For adults and children 2 years+, drink 1 percent low-fat or fat free milk.

**PROTEIN** Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.



**Use your hands to guide portion sizes.**

1 cup = your fist



1 cup dry cereal = a large handful



1 cup of vegetables = your fist



1 medium piece of fruit = your fist



2 ounces of cheese = two thumbs



3 ounces of meat or fish = palm of your hand



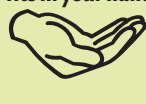
1 teaspoon = tip of your thumb



1-2 ounces of snack food = a handful



1 starch serving = fits in your hand



**Aim for 60+ minutes of physical activity every day.**



Try 60+ blocks of activity, or break up your minutes into 3 or 4 15-minute bursts.

Mix moderate & vigorous activity into your days.

Work on muscle & bone strengthening at least 3 days a week.

Stretch daily to improve posture & balance, & relieve stress.

**3 steps & QUIT**

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CLICK  
[www.quitnow.net/florida](http://www.quitnow.net/florida)

COME IN  
Find classes at  
[www.AHECtobacco.com](http://www.AHECtobacco.com)

**Tobacco Free Florida**.com

Quit services can double your chances of quitting tobacco for good. And they're free in Florida!

**Check your stress & de-stress.**



**stress?**



stop  
& take a  
deep  
breath

































































































































































































































































































































































































































**de-stress**



# 60 DAYS to Better Health

Circle or highlight the most accurate face.

DAY	ATE MY COLORS	CONTROLLED MY PORTIONS	DRANK WATER 8OZ/8X	DID 60+ MIN. PHYSICAL ACTIVITY	WORKED ON QUITTING TOBACCO	DE-STRESSED
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