## Take the Florida Health **60-DAYS** to Better Health Challenge!



Eat

your

colors!

6 6

TER z/8x

#1

before breakfast

#2 at breakfast #3 between breakfast & lunch

#4 at lunch #5&#6 twice between lunch & dinner

> #7 at dinner

> > **#8**

between dinner & bedtime

۲



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

Use your

hands to guide

portion sizes.

1 cup dry cereal = a large handful

1 cup of vegetables =

1 medium piece of

two thumbs

fruit = yo

ur fist

۲

your fist

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.



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. orfish = p



1 teaspoon = tip of your thumb



1–2 ounces of snack food = a handful

Y

1 starch serving :

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



fits in your hand



3 steps & QUIT CALL 1-877-U-CAN-NOW

> CLICK www.quitnow.net/florida

#### COME IN Find classes at www.AHECtobacco.com

### Tobacco Free Florida

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

#### Check your stress & de-stress.



# **Circle or highlight the most accurate face.**

	ATE MY COLORS	CONTROLLED MY PORTIONS	DRANK WATER	DID 60+ MIN. PHYSICAL	WORKED ON QUITTING	DE-STRESSED
1			80Z/8X		TOBACCO	
	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \oslash \\ \odot \\ \odot$
2	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ $
3	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \bigcirc \oslash$	$\bigcirc \bigcirc \bigcirc \oslash$
4	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
5	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ $
6	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ \bigcirc \\ $
7	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \\ \bigcirc \\ $
8	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \otimes$
9	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \otimes$
10	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \otimes$
11	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \\ \bigcirc \\ $
12	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
13	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \otimes$
14	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
15	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ $
16	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
17	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ $
18	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \\ \bigcirc \bigcirc$	$\bigcirc \bigcirc \bigcirc \oslash$	$\bigcirc \bigcirc \odot \\ $
19	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ \bigcirc \\ $
20	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \otimes$
21	$\bigcirc \bigcirc $	$\odot \odot \odot \odot$	$\odot \odot \odot \odot$	$ \textcircled{\begin{tabular}{c} \hline \hline$	$\odot \odot \odot \otimes$	$\odot \odot \odot \odot$
22	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
23	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
24	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\textcircled{\begin{tabular}{c} \hline \hline$	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \otimes \\ \bigcirc \\ $
25	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\textcircled{\begin{tabular}{c} \hline \hline$	0000	$\textcircled{\begin{tabular}{c} \hline \hline$	$ \textcircled{\begin{tabular}{c} \hline \hline$
26	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $	0000	$\bigcirc \bigcirc $	$\bigcirc \bigcirc $
27	$\odot \odot \odot \otimes$	$\odot \odot \odot \otimes$	$\bigcirc \bigcirc \odot \otimes \\ \bigcirc \bigcirc$	$ \textcircled{\begin{tabular}{c} \hline \hline$	$\bigcirc \bigcirc \odot \otimes \\ \bigcirc \bigcirc$	$\bigcirc \bigcirc $
28	$\odot \odot \odot \otimes$	$\odot \odot \odot \otimes$	$\odot \odot \odot \otimes$	$\odot \odot \odot \otimes$	$\odot \odot \odot \otimes$	$\bigcirc \boxdot \oslash \oslash$
29	$\odot \boxdot \otimes$	$\odot \boxdot \otimes$	$\odot \boxdot \otimes$	$\odot \boxdot \otimes$	$\odot \boxdot \otimes$	$\odot \boxdot \oslash$
30	$\odot$ $\odot$ $\otimes$	$\odot$ $\odot$ $\otimes$	$\odot \odot \odot \odot$	$\odot \boxdot \otimes$	$\odot \odot \odot \otimes$	$\odot \odot \odot$
-74						000
31	$\bigcirc \bigcirc $	$\bigcirc \bigcirc \odot \\ $	$\bigcirc \bigcirc \bigcirc \oslash$	$\bigcirc \bigcirc \bigcirc \oslash$	$\bigcirc \bigcirc \oslash \oslash$	0000
32	0000	$\odot \oplus \otimes$	© 🕀 🛞	$\odot$ $\odot$ $\otimes$	$\odot$ $\odot$ $\otimes$	$\odot \boxdot \otimes$
32 33	© 😑 😕 © 😑 😕	© 😐 8 © 😐 8	0008	0 9 8 0 9 8	© 😐 8 © 😐 8	8 9 9 8 9 9
32 33 34	0008 0008 0008	0008 0008 0008	0008 0008 0008	0008 0008 0008		
32 33 34 35	8 9 0 8 9 0 8 9 0 8 9 0 8 9 0	8 ± 0 8 ± 0 8 ± 0 8 ± 0			8 9 0 8 9 0 8 9 0 8 9 0 8 9 0	
32 33 34 35 36						
32 33 34 35 36 37						
32 33 34 35 36 37 38						
32 33 34 35 36 37 38 39						
32 33 34 35 36 37 38 39 40						
32 33 34 35 36 37 38 39 40 41						
32 33 34 35 36 37 38 39 40 41 41 42						
32 33 34 35 36 37 38 39 40 41 42 43						
32 33 34 35 36 37 38 39 40 41 42 43 44						
32 33 34 35 36 37 38 39 40 41 42 43 44 45						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53						
32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54						
32   33   34   35   36   37   38   39   40   41   42   43   44   45   46   47   48   49   50   51   52   53   54						
32   33   34   35   36   37   38   39   40   41   42   43   44   45   46   47   48   49   50   51   52   53   54   56						
32   33   34   35   36   37   38   39   40   41   42   43   44   45   46   47   48   49   50   51   52   53   54   55   57						
32   33   34   35   36   37   38   39   40   41   42   43   44   45   46   47   48   49   50   51   52   53   54   55   56   57   58						
32   33   34   35   36   37   38   39   40   41   42   43   44   45   46   47   48   49   50   51   52   53   54   55   56   57						

۲