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!

1 cup = your fist

1 cup dry cereal =

a large handful



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.

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 <u>3</u> days a week.

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

3 steps & QUIT

CLICK www.quitnow.net/florida

COME IN Find classes at www.AHECtobacco.com

minutes of physical activity every day.

Aim for 60+

WATER 8oz/8x EVERY DAY

Tobacco Free

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

> stop & take a

deep breath

Check your stress & de-stress.



#8

between dinner &

bedtime

Use your fist your fist i medium piece of fruit = your fist i medium piece of fruit = your fist i medium piece of fruit = your fist i wo thumbs 2 ounces of cheese = two thumbs i wo thumbs i medium piece of fruit = your fist i wo thumbs i wo thumbs i medium piece of fruit = your fist i wo thumbs i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium piece of fruit = your fist i wo thumbs i medium of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your hand i medium piece of meat or fish = palm of your thumb



1 starch serving = fits in your hand

12/28/16



<60 DAYS to Better Health>

Circle or highlight the most accurate face.

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