



How can you & your family step up to a healthy lifestyle??

Eat Healthy

1. Eat 9 fruits & vegetables every day

The new dietary guidelines encourage us to fill $\frac{1}{2}$ of our plates with fruits & veggies. Because of the increased evidence that a diet rich in fruits & vegetables can protect us from chronic diseases such as heart disease & cancer, experts recommend we eat 4 servings of fruit & 5 servings of vegetables every day. For ideas on getting your family to eat more fruits & vegetables, check out the *10 tips for getting your kids to eat their veggies* in the Tips for Healthy Living section of our web site.

2. Eat 3 high calcium foods every day

Children as they grow need calcium for the development of healthy bones. To maintain bone health, adults need sufficient calcium as well. Experts recommend 3 servings of calcium everyday. Dairy products are an excellent source of calcium, but if you aren't a big milk drinker, check out *Fifteen Ways to Sneak Calcium into your Family's Diet* in the Tips for Healthy Living section of our web site.

3. Increase the number of whole grains you eat

The new dietary guidelines encourage us to increase the number of servings of whole grains we consume by making $\frac{1}{2}$ of our grain choices whole grain. How can you tell if your cereal, pasta or bread is whole grain? Look at the label—it should say, "Whole grain" or "100% whole wheat (or another grain)". Color isn't always a good indication!

4. Watch your portions

Are you size wise? Most of us eat portions that are far bigger than the recommendations. Check out *Are you size wise* in the Tips for Healthy Living section of our web site to see how your portions stack up!

Be active everyday

1. Identify ways to be active everyday

Experts recommend children and adults get 60 minutes of activity everyday. The activity doesn't need to happen all at once, it can be spread out throughout the day. It may include a 20 minute walk to school or work, a 10 minute stretch break midmorning and a 30 minute bike ride after school or work.

2. Don't let the weather reduce your activity

Bad weather doesn't have to equal inactivity. When the weather doesn't cooperate try...putting on some music & dancing, stretching while watching TV—jogging or walking in place during commercials or go mall walking!

3. Be sure to stretch

Stretching helps you stay flexible preventing injury. It also makes exercise easier & can reduce the muscle soreness you may feel when you start being more active. Warm up with gentle stretches—don't bounce or jerk. You should feel a gentle pull—not pain. Be sure to stretch again when you are done exercising.

4. Do weight bearing activity to build strong bones

Almost 50% of bone mass is formed during the child & teen years. If kids consume adequate calcium now their bones will be & stay strong. How do weight bearing activities help? Bones are constantly remodeling. Weight bearing activities make them denser & stronger---and dense, strong bones don't break as easily—now or in the future.

What weight bearing activities can you & your child do? Walking is one of the easiest options! Climbing stairs, hiking, push ups, racket sports, dancing & soccer are just a few of the options.

5. Use a pedometer to increase your steps

Experts recommend we get 10,000 steps every day for good health. How can you measure the number of steps you get everyday? It's easy—use a pedometer! The Coulee Region Childhood Obesity Coalition with funding from Children's Miracle Network has begun a pedometer loan program for kids 7-18. To check out a pedometer from the program contact Linda at 785-9791.