



Health & Wellness

“5” a Day!

Eating healthy, making good choices, snacking responsibly and being more active are all part of leading a longer, stronger, healthier life. And with the lessening amount of time and energy we all have—it's getting more and more difficult to make good choices and stay active.



Eating more fruits and veggies matters when it comes to maintaining a healthy weight. Just remember “5” a Day – that’s five servings of fruits and vegetables per day and you’re on your way to getting healthier. Doing this may even reduce your family’s risk of many diseases. Every step towards getting more physically active also matters in weight management and overall health. You can help your family become their best by encouraging a balance of diet and exercise.

Why Fruits and Veggies?

Research suggests that eating more fruits and vegetables is associated with better weight maintenance. Specifically, studies have shown those who consume more fruits and vegetables, while decreasing fat and added sugar, manage weight better, are less hungry, and have better intake of vitamins and minerals.

Fruits and vegetables help with managing weight because they are low in calories compared to the same volume of other foods. They have high water and fiber content which helps you feel full and may help to delay feelings of hunger in between meals. Fiber also helps to regulate your digestive system. Eating raw and crisply steamed cooked vegetables requires more chewing which may slow the pace of eating and help to decrease your intake during meals. And fruits and vegetables replace bad foods that are high in fat and sugar.

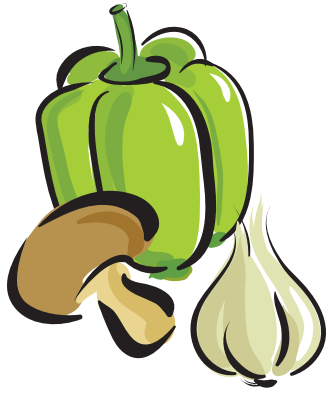
Helpful Tips to Get More Fruits and Vegetables in Your Diet

- Reduce the amount of meat or cheese on a sandwich by $\frac{1}{2}$ and replace with veggies.
- Reduce your portion of meat at a meal and have an extra serving of veggies or salad.
- When making chicken or tuna salad, add an equal amount of chopped fruit and/or veggies such as celery, grated carrots, cucumbers, apples, grapes, pineapple or even dried cranberries.
- Add $\frac{1}{2}$ sliced banana or one small sliced apple to a peanut butter sandwich and reduce the amount of peanut butter you usually use by half.
- Decrease portions of starchy foods and increase portions of fruits, veggies and salad.

Examples:

- Add fruit to your waffles or pancakes
- Decrease cereal portion and add fruit
- Replace $\frac{1}{2}$ pasta portion with veggies topped with low-cal sauce
- Replace pasta in soups with veggies





Try thinking of fruits and vegetables first and imagine protein food items as flavoring.

Examples:

- Stir-fried veggies with chicken
- Chili with ½ the meat (turkey is a great idea) and replace the other ½ of meat with beans or veggies
- Veggie stew with beef

Get Active to Lose Weight and Stay Healthy

Along with eating healthy, physical activity is key to weight management. Research has shown that physical activity helps you lose weight and keep it off. Not only does it burn calories but there are numerous other advantages of a physically active lifestyle:

- Helps regulate your appetite
- Helps to boost metabolism
- Reduces stress
- Helps reduce insomnia
- Assists in the decrease of risk factors such as heart disease, type 2 diabetes, high blood pressure and osteoporosis

Alternatives to the Gym

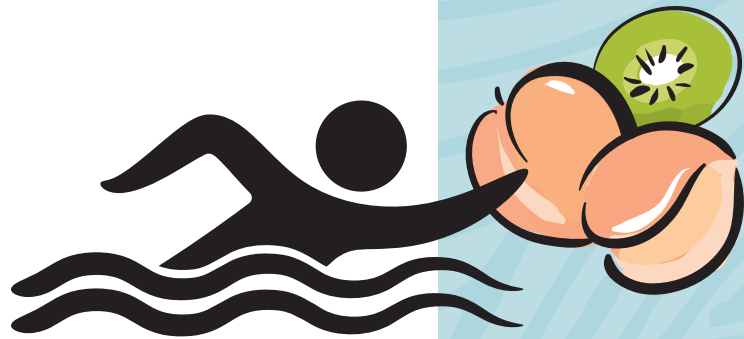
Physical activity doesn't mean you have to spend hours at the gym. There are many ways to be more physically active:

- Take the stairs
- Park at the far end of the parking lot
- Take a walk at lunch time
- Walk to the store instead of driving or ride your bike

The Best Workouts

An ideal exercise program includes aerobic exercise, strength training and flexibility exercises. A good goal is to work up to exercising 4 – 6 times a week for at least 30 to 60 minutes each time.

The important thing is to eat a wide variety of colorful fruits and vegetables at least 5 servings a day and exercise daily—no matter what type of exercise it is—it's good for you!



Get up,
turn off the TV
and get outside
with your family and
friends and try:

Cycling
Swimming
Bowling
Dodge Ball
Gardening
Dancing...

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