

# Get in the Game

## Tips for Healthy Eating and Physical Activity

With busy lives, it's easy to let your health and fitness slide. Below are a few tips on getting in the game with healthy habits. Chances are, you will find it's not as hard as you think!



- Keep portion sizes under control to avoid eating too much.
- Sneak in fruits by adding berries to your cereal. Eat more whole grains, vegetables, lean meats, and low-fat or nonfat dairy products.
- Sit less. Reduce time spent watching TV, gaming, and surfing the web.
- Fuel up by drinking more water and other low-calorie drinks. Cut down on sugary sodas, sports drinks, and juices. Watch alcohol, as it can also hide calories.
- Get active with 30 to 60 minutes of moderate aerobic exercise 5 or more days a week. Aerobic activities like tag football move your large muscles and make your heart beat faster.

Want more facts on **healthy** eating and exercise?

### CONTACT

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