



Ten Tips to Healthy Eating and Physical Activity



1. ***Start your day with breakfast.*** Breakfast fills your “empty tank” to get you going after a long night without food and prepares you for learning.
2. ***Get Moving!*** Find ways to fit physical activities into your daily routine.
3. ***Snack smart.*** Snacks are a great way to refuel. Choose snacks from different food groups. Save cookies, chips and candy for occasional snacking.
4. ***Work up a sweat.*** Participate in activities that get you breathing hard and sweating like running, jogging or dancing. Remember to warm-up and cool-down with stretching.
5. ***Balance your food choices so you don't eat too much of any one thing.*** Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods.
6. ***Get fit with friends or family.*** Being active is much more fun with friends or family; encourage others to join you.
7. ***Eat more grains, fruits and vegetables.*** These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good!
8. ***Join in physical activities at school.*** Take a physical education class and/or participate in physical activities like sports, recess, and marching band.
9. ***Foods aren't good or bad.*** All foods can be part of a healthful diet.
10. ***Make healthy eating and physical activities fun!*** Play games and eat foods you like. Be adventurous – try new sports, games and other activities as well as new foods. Set realistic goals – begin with small changes.

Source: “10 Tips to Healthy Eating and Physical Activity for You” brochure, American Dietetic Association, 1998.
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