

TAKE ACTION

For Healthy Weight



GET UP, MOVE AND PLAY HARD

At least 30-60 minutes of moderate exercise a day every day



DRINK 6-8 GLASSES OF WATER A DAY

Limit juice (100% juice only) to 1 small cup a day. Limit sweetened beverages.



EAT 5 HELPINGS OF FRUITS & VEGETABLES A DAY

1 helping = 1 medium fruit or $\frac{1}{2}$ cup of vegetables (½ cup = 1 adult handful)



Snack on fruits and vegetables



CUT BACK ON TV & VIDEO GAMES

Limit TV/Computer time to 1 hour a day



Remove the TV from the bedroom



LIMIT JUNK FOOD

Hot Cheetos/Chips, Soda, Candy and Cookies for special occasions only

