



Healthy Choices in Eating and Activity

Look over the healthy choices below. Select one or two you are not already doing.

Nutrition and Eating:

- Eat 5+ servings of fruits/vegetables daily
- Eat 3 servings of low-fat dairy daily
- Choose baked foods instead of fried foods
- Eat breakfast daily
- Drink water instead of juice/soda pop
- Limit fast food to no more than 2 times weekly
- Limit high-fat, high-sugar foods
- Eat more whole grain foods

- Eat meals as a family
- Don't eat in front of the television
- Pay attention to portion sizes
- Limit extra helpings
- Eat small frequent meals and snacks
- Don't skip meals
- Help with grocery shopping & meal prep
- _____

Activity: 60 minutes most days of the week.

Sunday activity _____ Minutes _____
 Monday activity _____ Minutes _____
 Tuesday activity _____ Minutes _____
 Wednesday activity _____ Minutes _____

Thursday activity _____ Minutes _____
 Friday activity _____ Minutes _____
 Saturday _____ Minutes _____

- Baseball/Softball
- Basketball
- Bicycling
- Bowling
- Calisthenics/Stretching
- Cheerleading
- Dancing
- Frisbee
- Gardening/Lawn care
- Golf
- Gymnastics
- Hiking
- Household chores
- Juggling
- Jumping rope
- Kickball

- Martial arts
- Pilates/Yoga
- Racquetball
- Rollerblading/Skating
- Running/Jogging
- Skating
- Skiing
- Soccer
- Swimming
- Swinging
- Tag
- Tennis
- Volleyball
- Walking
- Wii
- Wrestling

Personal: What is important to you?

- Feel good about yourself
- Have more energy for fun things
- Look your best
- Get good grades

- Do well at something special
- Be healthy
- _____
- _____

Inactivity:

- Limit all TV, video game and non-homework computer time to less than 2 hours each day
- Get at least 8 hours sleep nightly

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