



THE FUNDAMENTALS TO BETTER HEALTH

The *Healthy Lives* Fundamentals are a simplified approach to improve your health and manage your weight.

- 1 Eat your veggies and fruit.** Incorporate five servings each day.
- 2 Control your portions.** Use the MyPlate strategy (ChooseMyPlate.gov) or meal replacements.
- 3 Use the *Healthy Lives* Guide to Smart Food Choices.** Choose lower calorie, lower fat foods and limit your consumption of high calorie, high fat food.
- 4 Incorporate physical activity.** Exercise a minimum of 30 minutes, five days per week.

For more tips on healthy eating and living, follow us on  Twitter @IAmHealthy_2.

80%

Percentage of all heart disease and stroke that would be prevented if Americans would stop using tobacco, eat healthy and exercise.

