

# Take Charge With the *Healthy Lives* Fundamentals

A SIMPLIFIED APPROACH TO MANAGE YOUR WEIGHT AND IMPROVE YOUR HEALTH.

Use these tools to build a healthy lifestyle and reduce weight while improving blood pressure, cholesterol and blood sugar.



## VEGETABLES & FRUITS

Eat a minimum of five servings daily  
A serving = 1 cup

1 hand size piece

Choose veggies and fruits as close to natural form as possible – without added fat, sugar or sauce



## HEALTHY LIVES GUIDE TO SMART FOOD CHOICES

Use the guide on the back of this card to help you make better food choices. Broken down by:

- Anytime food
- Portion controlled foods
- Occasional foods

Stay on track by eating low fat, low calorie foods most of the time.



## PORTION CONTROL

- Follow the MyPlate strategy
- Use meal replacements:
  - One or two per day
    - Entrees less than 300 calories, less than 700 mg of sodium
    - Shakes less than 200 calories, 15-20 gr. carbohydrates
    - Nutrition bars less than 160 calories
  - Add one or two veggies to an entrée
  - Add fruit to a shake



## PHYSICAL ACTIVITY

Do a minimum of 30 minutes, at least five times a week

Strategies to try:

- Just starting out? Begin with 10 minutes each day until you work your way up.
- Recreational activities, exercise DVDs, cardio
- Multiple 10 minute bouts