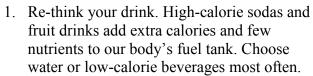
**Newsletter Volume 4** 

## Week Four: Fueling Your Tank

Eating healthy is important as you become more physically active. A healthy, balanced diet with plenty of physical activity also helps

maintain a healthy body weight. Make sure that you put the right kind of fuel into your body to keep it going. Here are some simple steps to help you eat smart.



- 2. Right-size your portions. Supersized restaurant servings provide more calories, fat and salt than you need for good health. Prepare your own meals to control potion size.
- 3. Enjoy more fruits and veggies. They offer essential nutrients for good health and are low in calories to help us maintain a healthy weight. Make them a regular part of your meals and snacks.
- 4. Choose whole grains. Whole grains such as brown rice, oatmeal and whole-wheat bread are a great source of dietary fiber. Fiber-packed whole grains help us feel fuller with fewer calories.

Visit these Web sites to help you eat smart:

- www.MyEatSmartMoveMore.com
- www.MyPyramid.gov
- www.FruitsAndVeggiesMatter.gov

## **Weekly Activity Tips**

During week 3 remember to give yourself a point each time you complete a weekly activity tip!

- 1. Choose water or a low-calorie beverage.
- 2. Walk for 30 minutes.
- 3. Choose a fruit or veggie for your snack.
- 4. Take the stairs instead of the elevator.
- 5. Instead of eating out, pack a brown bag lunch or cook at home.
- 6. When choosing a parking spot, park further away from the building.
- 7. Choose a smart snack such as whole-grain crackers and granola bar, fresh fruits and vegetables or popcorn without butter.





