

Week Four: Fueling Your Tank



WORKSITE WELLNESS TURNKEY PROGRAM

Solving the Puzzle of Moving More

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.



1. Re-think your drink. High-calorie sodas and fruit drinks add extra calories and few nutrients to our body's fuel tank. Choose water or low-calorie beverages most often.
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 portion 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.