

Newsletter

Volume 5



WORKSITE WELLNESS TURKEY PROGRAM

Smart Moves

Energize Your Day



People who attain and maintain a healthy weight eat breakfast every day.

Eat breakfast to give your body the energy it needs. You will find that you feel more alert and have a longer attention span when you eat breakfast. People who eat breakfast take in fewer calories per day than people who don't and they take in less total fat.

TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 5
Discuss eating breakfast daily
- IV. March in place
- V. Next week - snack attack

Skipping breakfast leads to a slower metabolism and drops in blood sugar which leaves you feeling hungry and sluggish. This feeling can send you straight to the vending machine. Avoid the vending machine run by preparing a smart breakfast every day.

A smart breakfast includes one item from the grain group (preferably a whole-grain), one from the protein group and one from the fruit group. The grain will give you energy, the protein will hold you until lunch and the fruit will provide fiber which helps you feel full longer.

Choose A Smart Breakfast Cereal

- Less than 200 calories per serving
- Less than six grams sugar per serving
- At least three grams dietary fiber per serving

Don't forget to add skim milk and fruit.



For breakfast ideas check out:
www.MyEatSmartMoveMore.com