

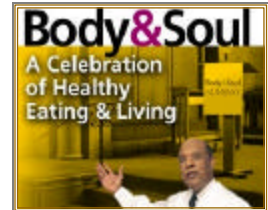
# Blueprint for Healthy Living

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (III John 2)*

## WHAT YOU DO TODAY, WILL TAKE CARE OF TOMORROW...

### EVERY DAY:

1. Have breakfast, (i.e., cereal-with or without milk, fruit, juice, bagel, yogurt)
2. Control your serving/portion sizes, meals and snacks
3. Eat 5 to 9 servings of fresh vegetables and fruits
4. Drink 8 glasses of water.
5. Move your Body -- take it at your own pace, when ready increase
6. Walk or be active at least 30 minutes a day
7. Work on increasing your physical activity










## Eat to Live

Five to nine servings of vegetables and fruits are recommended to lower health risks. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. To get a healthy variety, think color.


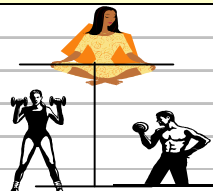


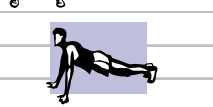

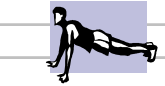



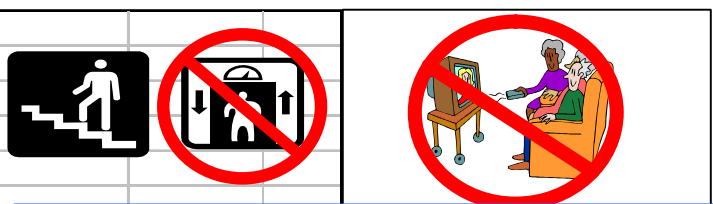
## It's easy to get 5 to 9 servings of fruits and vegetables every day

	MORNING	MID-DAY	EVENING
	 counts as <b>1</b>	 counts as <b>1</b>	
		 counts as <b>2</b>	 counts as <b>1</b>
		 counts as <b>2</b>	 counts as <b>1</b>
			 counts as <b>1</b>

## Move -- At Your Own Pace

Make it a goal to move your body 30 minutes per day. Exercise strengthens muscles, enhances flexibility, increases energy levels and reduces risk of bone injury.

WALKS & STRETCHES	YOGA & MUSCLE STRENGTHENING	CARDIOVASCULAR
		
		
		



**TIP:** Find ways to move your body throughout the day. For example, you can: take the stairs vs. the elevator; put the TV's remote control away; park the car a distance away from the entrance to your destination.