

# Get in the Game

## Tips for Healthy Eating and Physical Activity

With all of life's commitments, it is easy to let your health and fitness slide. Below are a few tips on how you can get on track with healthy habits. Chances are, you will realize it is not as hard as you think.



- Try to avoid eating too many calories by keeping portion sizes under control.
- Sneak in fruits and vegetables by adding berries to your cereal or crunchy vegetables to your sandwich.
- Cut down on sugary sodas, sports drinks, and juices by drinking water and other low-calorie drinks. Alcohol can also be a major source of hidden calories.
- Try to do at least 30 minutes of moderate-intensity physical activity, like brisk walking, on most days of the week.
- To lose weight, aim for at least 60 minutes of moderate- to vigorous-intensity exercise on most days of the week. Try jogging or playing a fast-paced sport.

Want more information on **healthy eating** and **exercise**?

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