



WIC Healthy Family Newsletter
Fall 2003

Don't wait to get healthy!

It's true that weighing too much increases your risk for health problems. Most people think that they have to lose weight first in order to start getting healthy. Here are three things you can start doing today no matter what you weigh.

Eat well.

Eating well can be as simple as eating more brightly colored foods. Choose from cantaloupe, carrots, sweet potatoes, mango, broccoli, spinach, chiles, jalapeños, bell peppers, tomatoes, strawberries, raspberries, and blueberries, among others.

Benefits? Colorful fruits, vegetables, and berries are rich in vitamins and minerals that help fight disease, and are low in calories.

If one simple change in eating could lead to losing 10 pounds this year, would you do it? Why not? Change from whole to fat-free milk. First, switch to 2 percent milk. There's no rush. After a few weeks, change to 1 percent. When ready, go to fat-free milk. People who drink two cups of whole milk daily can lose 10 pounds in one year by switching. Nice and simple.

Move more.

Moving more is as simple as putting one foot in front of the other. But start slowly. If you haven't been active, check with your doctor first.

How long can you comfortably walk? Take the talk test. If you can talk and walk, you're doing fine. Start there and aim for ten minutes. Guess what? Every time you walk, you do your body a favor.

Next try 10 minutes twice a day. Walking gets easier and easier. You will start looking forward to your walks and feel strange if you miss one. Soon you might add ten more minutes and walk three times a day or 30 minutes at a time. Go ahead, put one foot in front of the other and move toward a healthy goal of 30 minutes, five days a week!

Play daily.

Play with your baby, your children, your friends. Playing helps babies and children grow smarter, stronger, healthier and happier. Playing helps you sleep better, feel less stressed, and spend time with your children. What a great way to show your love for them.

Children love to copy what you do. They need to do things over and over to learn as they try new things. Repeating playful movements with your child gives you both a fun way to get healthy together. Dance to music, move different parts of your body as you call out their names, and cheer your child on to copy you. Turn off your TV and play with your children.

What are you waiting for? NOW is the best time to start getting healthy. And while you get healthy, you might find you are losing weight!



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