

## Nutrition Tips:

- Eat smaller, lean cuts of red meat trimmed of visible fat; more fish and poultry.
- Eat fewer high-fat processed meats.
- Remove the skin from poultry before cooking to reduce its fat content.
- Substitute skim or 2 percent dairy products for whole milk products.
- Eat more whole grain such as oats, whole wheat and brown rice.
- Eat more fresh fruits and vegetables.
- Prepare foods with minimal fat.
- Determine an ideal weight for your build, age and sex. Work to get there and stay there. You'll feel better and be surprised at the increased energy at your disposal.
- Avoid crash diets and skipping meals.
- Avoid over consumption of caffeine.

## FITNESS TIPS:

1. Move your body for 20-30 minutes, 3-5 times a week.
2. Stretch each day to stay limber and flexible.
3. Walk briskly instead of driving, whenever possible.
4. If you can't join an exercise class or club, exercise to a video on a padded surface, wearing good aerobic shoes.
5. Always warm up properly before exercising, and cool down afterward.
6. Do your own yard work.
7. Take part in a sport instead of watching sports on TV.
8. Do bent-knee curl-ups regularly to firm the abdomen and strengthen the lower back.
9. Find a buddy to walk with and/or lose weight with.
10. Never lift objects without bending your knees; your legs are stronger than your back.

Did you know... Stressed = Desserts (spelled backwards!)