Eat Healthy, Lose Weight, Exercise, Change Your Lifestyle...

... and Have FUN While Doing It!

1. Explore and get to know the MyPlate website.  
   ➔ Choose meals to match the MyPlate image.  
   ➔ Make sure to include all food groups on your plate, plenty of fruits and vegetables!  
   ➔ It is all about balance!

2. Involve your family.  
   ❑ Go grocery shopping together, make it a fun outing.  
   ❑ Read food labels.  
   ❑ Plan and cook fresh meals together and find recipes.  
   ❑ Limit food eaten from restaurants, fast-food, etc.  
   ❑ Eat regular meals and make sure to NOT to skip breakfast!  
   ❑ Prepare your own lunches and snacks.  
   ❑ Reduce portion sizes, reduce salt and sugar, increase your daily water intake.  
   ❑ If your school offers healthy governmentally funded breakfast and lunch, participate.

3. Get moving!  
   ★ Make sure to get some sort of daily exercise in (taking the stairs, sports, swimming, yoga, etc.)  
   ★ Take the stairs instead of the elevator and get involved in structured sports activities.  
   ★ Involve your family or friends in your activities, such as walking. Accountability and company is very encouraging!  
   ★ Change your lifestyle! Instead of watching TV, take a walk or a bike ride, join a workout class.  
   ★ Limit the time you watch TV and have screen time (i.e. computers, social media, video games, etc.) ESPECIALLY while you are eating.

4. Get support!  
   ❖ You are not alone. Don’t feel overwhelmed. There are many resources that can help you on this road.  
   ❖ If your school offers a nutrition class, sign up!  
   ❖ Join support groups, as a way to get encouraged, be held accountable for, and know that you are not alone. Lots of support groups allow you to stay in contact via text, email, or phone.

Additional Resources

- https://www.choosemyplate.gov
- https://www.fruitsandveggiesmorematters.org/planning-shopping/insiders-viewpoint/breakfast-family-meal
- https://www.fruitsandveggiesmorematters.org/planning-shopping/insiders-viewpoint/lunchbox-checklist/