

Here's what you can do to be more active.

If you are overweight, check with your doctor before you start a physical activity program.

- ★ Set small goals to start. Don't get upset if you can't do a lot or if you get out of breath at first. Keep trying. Any amount of activity will help. Add a little more each week.
- ★ Get up and play hard for at least 60 minutes almost every day. You don't have to do it all at once — 20 minutes at a time, three times a day is okay, too. There are lots of ways to move around more. Walk, ride a bike, dance, play ball, or shoot hoops. You choose!
- ★ Sign up for sports and physical education classes. Ask a grown-up or your teacher about sports or dance programs that you could join.
- ★ Cut your TV and video game time to less than 1 hour a day. Be more active in your free time.

You don't have to play a sport or go to a gym to move more. There are lots of things you can do at home and during the day. Use the Activity Guide below for more ideas.

Here's what you can do to eat well and get to a healthy weight.

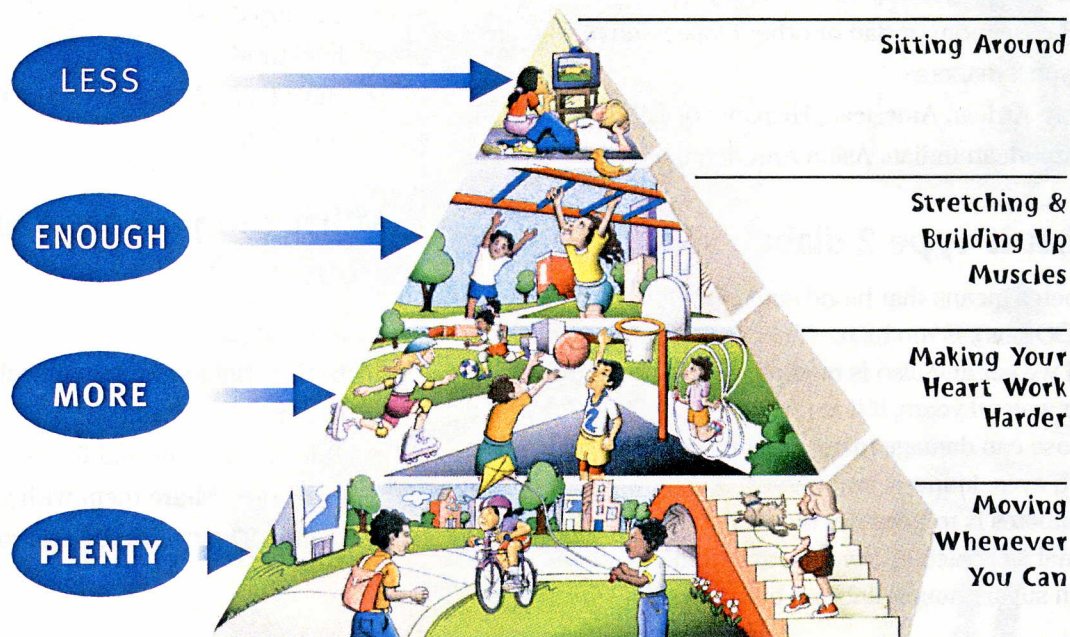
Choose a mix of healthy foods each day. If you are overweight, check with your doctor before you start a weight loss program. To lose some weight, you need to eat less and be more active each day. Here are some ways to do it.

How can you cut some calories?

The number of calories in a food shows how much energy you can get from it. To lose weight, try to eat 200 to 300 calories less than usual each day. Here are some simple ways to cut calories:

- ★ Drink water instead of a 20-ounce soda or juice drink. You can cut about 250 calories.
- ★ Eat a small serving of french fries or share a big one—and cut about 250 calories.
- ★ Eat a piece of fresh fruit (apple, orange, or banana) instead of a candy bar or a bag of chips. You will cut about 200 calories. If you want something crunchy to chew on, fruit is a good choice because it fills you up.

Your Activity Guide



Source: USDA Team Nutrition (www.fns.usda.gov/tn)