

Healthy Lifestyle = Obesity Prevention

Focus on changing one habit at a time.



- **Complete 150 minutes of moderate physical activity a week.**
 - Try walking for a low cost, effective activity.
 - You can break activity into 10 or 15 minute sessions to make it more manageable.
- **Make at least half of your grains whole grains.**
 - Try brown rice, and 100% whole grain bread and pasta.
- **Eat at least 5 servings of fruits and vegetables daily.**
 - Frozen vegetables are healthy and easy to prepare.
 - Snack on fruit in between meals to stay full.
 - Visit choosemyplate.gov to learn more.

<http://suffolkcountyny.gov/Departments/HealthServices/ObesityPrevention.aspx>

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- **Select water as your beverage of choice**
 - Drink unsweetened coffee or tea, or reduce the amount of sugar.
 - Choose 1% or fat free dairy drinks, or substitute soy or almond milk.
 - Limit sugary drinks to less than 36oz (4.5 cups) a week.
- **Choose lean protein, such as poultry, fish, or beans.**
 - Limit red meat and processed meats such as hot dogs and cold cuts.
- **Limit TV and screen time to no more than 2 hours a day.**
 - Try reading, crafts, exercise, or playing a board game.
- **Get 7-8 hours of sleep most nights.**
 - Do relaxing activities the hour before bed.
- **If you smoke, quit.**
 - Call Suffolk County Department of Health at 631-853-4017.
 - Visit smokefree.gov for resources on quitting.

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