



Eat Smart-Be Active!

"And God said: Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed, to you it shall be for food."
Genesis 1:29.

Eating smart to stay healthy is essential to the body. It is important that you stay smart about the foods you eat by making wise food choices. One way to do this is to follow the Food Guide Pyramid and develop a plan for meals and snacks that are healthy. Another way is to add color to your plate by eating more fruits and vegetables. These foods are packed with vitamins, minerals, and fibers and may help prevent some cancers and lower blood pressure.

Not only do you have to eat sensible portions, but you also have to be physically active to remain healthy. If you are not currently active, think of ways to increase your activity, for example parking the car further from your final destination and walking the rest of the way, or taking the stairs instead of the escalator. Start today, so that you take steps to learn new behaviors, develop new habits & get your temple on the right path to eating smart and staying healthy.

If you have questions about the Health-e-AME program, please contact _____.



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