

EAT HEALTHY AND STAY FIT

How do you

- Keep your body strong
- Get energy
- Stay a healthy weight
- Fight off colds and flu?



Eat healthy and exercise most days of the week!

To Stay healthy and fit:

- Eat smaller portions.
- Eat plenty of fruits and veggies
- Be active most days

Here are ways to be active. These can be done at home or inside.



- Take the stairs instead of the elevator.
- Go for a walk in the mall.
- Use an exercise DVD or video.
- Dance to music in your home.
- Play balloon volleyball with your family.
- Do arm lifts with cans while you watch TV.
- Do leg lifts during commercials.
- Pick up the pace and make house work exercise.
- Walk in place very fast in front of the TV for a harder workout

FK=3; 7/20/09

Remember it is important to eat right and exercise every day!

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NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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