



WISEWOMAN Healthy Lifestyle Recommendations

From The Centers for Disease Control & Prevention

Recommendations for Healthy Eating:



Fruit & Vegetables – Eat **5 a day** (at least **2** fruits and **3** vegetables) focusing on a variety of colors. (Include dried beans or legumes **3 times** each week.)
Dairy Products – Enjoy **3 a day**, fat-free or low-fat.
Grains and Grain Products – Eat **6 a day** including **3** whole grains

Small Steps You Can Take

- Eat just one more fruit or vegetable serving each day.
- If you are using whole milk, gradually add more skim milk.
- When baking, use half whole wheat flour and half white flour.

Recommendation for Physical Activity:

Amount of Physical Activity – Spend at least **30 minutes a day, 5 days a week** in physical activity. If you don't have thirty minutes, try **10-minutes** at a time, 3 times a day. (It is a good idea to get clearance from your health care provider before beginning regular planned physical activity.)

Small Steps You Can Take

- Park your car farther away from your destination.
- Do mini workouts (3 ten minute sessions rather than 30 minutes at one time).
- Start by walking 5 or 10 minutes at a time, then work your way up to 30 minutes a day.



Recommendations for Stopping Smoking:

Quit smoking. If you smoke, quitting is the most important thing you can do to improve your health.
You can start by calling the Michigan Tobacco Quit Line (1-800-480-7848).

Small Steps You Can Take

- Cut back.
- Identify what you will do instead of smoking when the craving hits.
- Identify ways you will reward yourself for big or small successes.

