

Maintaining a Healthy Lifestyle

Did you promise yourself you would exercise and eat healthy this year? Whether you've already started or are planning to start, it is a great time to learn about healthy lifestyle habits. It is time to focus on eating healthy, living actively, and feeling good about yourself. Regular exercise and healthy eating patterns are the secrets to a healthy weight now and for the rest of your life!



Maintain a healthy diet by:

- Aiming for at least five daily servings of fruits and vegetables. These are full of vitamins and minerals needed for overall good health and protection against chronic disease.
- Choosing healthy fats over unhealthy ones. Cut down on saturated fats found in animal foods such as meat and dairy products, which can lead to high cholesterol and heart problems.
- Drinking enough fluids. Try to drink at least 8 glasses of water or other non-caffeinated beverages. Alcoholic beverages should be limited.

Increase daily activity by:

- Starting slowly. The trick is to find ways to put a bit more physical effort in every day. Begin with short bursts of activity, such as walking around the block after a meal or taking the stairs instead of the elevator each day, gradually working your way up to more activity.
- Doing something you enjoy. Plan a fun activity and one that is easily accessible, otherwise you won't stick to it. Try to include a friend or family member for support.
- Rewarding yourself. Set small, short-term goals and treat yourself to something special once you've achieved each goal. This incentive program will provide you with the dedication to get you moving!

To learn more about maintaining a healthy lifestyle, visit these links:

CDC - Healthy Living (<http://www.cdc.gov/HealthyLiving/>)

Centers for Disease Control and Prevention Healthy Living home page with links to a variety of topics.

Small Steps (<http://www.smallstep.gov/index.htm>)

US Department of Health and Human Services site reminding us that Small Steps make a big difference. The Small Steps program suggests some little things to make big changes in your life.

HealthierUS (<http://www.healthierus.gov/>)

The HealthierUS initiative is a national effort to improve people's lives, prevent and reduce the costs of disease, and promote community health and wellness.

Eat Smart. Play Hard.™

(<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>)

USDA Food and Nutrition Service. This Healthy Lifestyle site is specifically designed for parents and caregivers to provide information to help you eat better, be more physically active and be a role model for your kids.



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Health Department**

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