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# Eat Healthy 2 Be Fit

Eating healthy is one of the first steps to *being* healthy. And it's something the family can do together. Eating whole grains, choosing lean meats and drinking skim milk are things we all can do to make a start. Bit by bit, your family will see that **We Have The Power 2 Be Fit!**



## Some Great Tips to Eat Healthy:

- Eat more fruits and vegetables. Kids should eat about 2 1/2 cups of vegetables and 1 1/2 cups of fruit every day!
- Cut up some fruit or vegetables for a convenient, easy-to-get-at snack, or try some air-popped popcorn!
- Too busy to chop? Buy precut fresh or frozen fruits and veggies.
- Dip fruits and vegetables in low fat yogurt or dip.



- Limit the amount of sweets, chips and soda you bring home.
- Cook with less oil.
- Switch to whole grain breads, cereals, and pastas.
- Downsize it! Share when you go out to eat or order smaller sizes.
- Don't eat out of the box or bag—you will likely eat more than one serving.
- Avoid soda pop and other sugary drinks.
- Drink more water and milk. It's OK to have 100% juice sometimes too.
- Use low or non-fat dairy products. Kids should have 2 to 3 cups every day!

## Be Active 2 Be Fit

Getting enough physical activity every day is a breeze! We should all try to get at least 60 minutes of physical activity a day. The great part is, it can be many of the things you do already! Take the family for a hike at a nearby park, enroll in swimming lessons for everyone, or even walk to the grocery store instead of driving. Then you can choose healthy foods together! Planning family activities can keep you healthy *and* bring you closer together.



### Fun Physical Activities for Families

- Turn off Saturday morning cartoons and go rollerblading or to the zoo.
- Limit the amount of TV you watch. When you do watch TV, have a contest. Who can do the most push-ups or jumping jacks during a commercial break?
- Get that TV out of the bedroom! Make watching television a family event.
- Bike to the library together.
- Celebrate a birthday or special occasion with something active—a hike, a volleyball game, playing tag.
- Make a plan with your family to train together to walk or run a 5K race.
- Make sure you get enough sleep every night. It will give you the energy to be active all day!



## Helpful Resources

There are lots of great places to get information about ways your family can stay healthy. Start by talking to your health provider. Then, eat healthy and get some physical activity every day. Here are some helpful websites to get you going:



[www.medica.com](http://www.medica.com)

[www.mmaonline.net/obesity/childhood.cfm](http://www.mmaonline.net/obesity/childhood.cfm)

[www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

[www.kidshealth.org](http://www.kidshealth.org)



## We Have the Power

We hope this guide has been helpful for you and your family. Staying fit and healthy can be fun. There is strength in numbers, so getting your family involved can send you on your way to great fitness and nutrition. We are committed to assisting you on your road to healthy living. Remember, together **We Have the Power 2 Be Fit!**



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