

# Take the Florida Health 60-DAYS to Better Health Challenge!

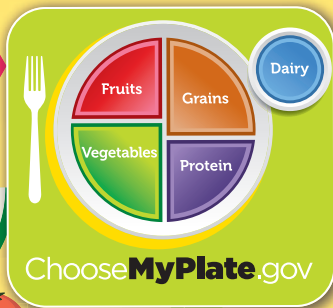
Why 60 days?



According to experts, it takes about 60 days to form a new habit!

easy tools

Eat your colors!



Choose **MyPlate.gov**

**FRUITS** Make most of your choices whole or cut fruit instead of juice.

**VEGETABLES** Eat a variety every day. Fresh, canned or frozen.

**GRAINS** Make at least half of your grains whole grains.

**DAIRY** For adults and children 2 years+, drink 1 percent low-fat or fat free milk.

**PROTEIN** Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.

1 cup = your fist



1 cup dry cereal = a large handful



1 cup of vegetables = your fist



1 medium piece of fruit = your fist



2 ounces of cheese = two thumbs



3 ounces of meat or fish = palm of your hand



1 teaspoon = tip of your thumb



1-2 ounces of snack food = a handful



1 starch serving = fits in your hand



Use your hand to guide portion sizes.

Try 60+ blocks of activity, or break up your minutes into 3 or 4 15-minute bursts.

Mix moderate & vigorous activity into your days.

Work on muscle & bone strengthening at least 3 days a week.

Stretch daily to improve posture & balance, & relieve stress.

Aim for 60+ minutes of physical activity every day.



**WATER**  
8oz/8x  
EVERY DAY

- #1 before breakfast
- #2 at breakfast
- #3 between breakfast & lunch
- #4 at lunch
- #5&#6 twice between lunch & dinner
- #7 at dinner
- #8 between dinner & bedtime

**WATER 8oz/8x EVERY DAY**

**3 steps & QUIT**

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**Check your stress & de-stress.**



stress?



stop & take a deep breath



de-stress



