

# 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!

**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, frozen or canned.

**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.

## Physical activity: if it gets your heart beating, it counts!

**MODERATE AEROBIC ACTIVITY** You're breathing hard while exercising or moving and you can still talk and have a conversation—that's called the talk test!

**VIGOROUS AEROBIC ACTIVITY** You're breathing very hard while exercising—you can only say a few words before needing to catch your breath.

**MODERATE/VIGOROUS** Every week, you need 150 minutes of moderate and vigorous activity OR 75 minutes of vigorous only.

**MUSCLE STRENGTHENING** Do these exercises at least twice a week.

**STRETCHING** Improve your posture and balance, and relieve stress: stretch 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

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.

## 3 steps & QUIT

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1-877-U-CAN-NOW

CLICK  
QuitNow.net/Florida

COME IN  
Find classes at  
AHECtobacco.com

## Tobacco Free Florida

Quit services can double your chances of quitting tobacco for good. And they're free in Florida!

## Check your stress & de-stress.



**stress?**

stop & take a deep breath

**de-stress**



