

## **WIC Prescription for Healthy Active Living**

=	Name of the
	SHEE
1	lorida
ı	HEALTH
-	Lee County

Name	Date
	#D 970% 994 F

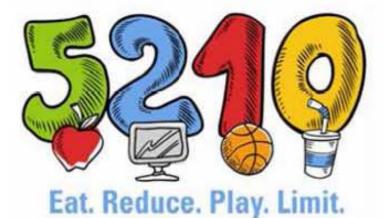
## Ideas for Living a Healthy Active Life

- Eat at least 5 fruits and vegetables every day.
- Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- Get 1 hour or more of physical activity every day.
- Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

## My Goals (choose one you would like to work on first)

- Eat \_\_\_\_\_ fruits and vegetables each day.
- Get \_\_\_\_\_ minutes of physical activity each day.
- - Reduce screen time to \_\_\_\_\_ minutes per day. 

    Reduce number of sugared drinks to \_\_\_\_\_ per day.



_	Dietetic Technician	
_	Nutrition Educator	
	Licensed Nutritionist	

#HealthiestWeightFL-

WIC IS AN EQUAL OPPORTUNITY PROVIDER