

60 DAYS

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!

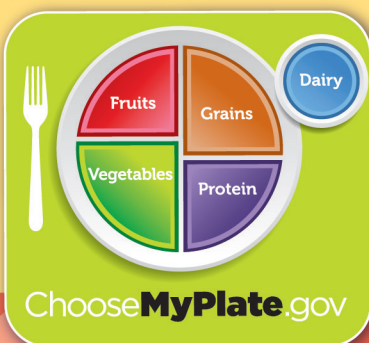
FRUITS Make most of your choices whole or cut fruit instead of juice.

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.



Use your hands to guide portion sizes.

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



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

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.

3 steps & QUIT

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