Rest & Relaxation

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BE PROACTIVE...

Follow MyPlate’s guide to healthy eating

Get 7 to 8 hours of sleep a night

Exercise 5 days a week for 30 to 60 minutes

Enjoy Life To Its Fullest!

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**Eating Healthy Promotes…**

**Alertness**
- mental
- physical

**Positiveness**
- decision-making
- attitude
- activities

**Performance**
- work
- school
- sports
- fun & play

**Longevity**
- good health
- general well-being

**Energy**
- vigor
- vitality
- strength

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**Choose Wisely**

- Fruits
- Grains
- Vegetables
- Protein
- Dairy

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**Benefits of Exercise**

**Reduces**
- stress
- blood pressure
- blood sugar
- appetite
- body weight

**Increases**
- use of blood cholesterol
- blood circulation
- energy and stamina

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**Grains**
- Eat 6 oz. every day

**Vegetables**
- Eat 2-1/2 cups every day

**Fruits**
- Eat 2 cups every day

**Milk**
- Get 3 cups every day

**Meat and Beans**
- Eat 5-1/2 oz. every day

**Fats, Sugars, and Salt**
- Make most of your fat sources from fish, nuts, and vegetable oils

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**Everyone Needs Exercise!**