

Name: _____

Date: _____

Calorie goal: _____

By doing any one of these, you can *decrease* your risk for **stroke, heart attack, diabetes and cancer by 51%**

| Healthy Activity | Healthy Eating |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Purposeful physical activity</p> <p>10 minutes, 3 times a day or 30 minutes daily or 3 ½ hours a week</p> | <p>5 servings of fruits/vegetables (1 serving= 1 cup of cooked/raw fruits/ vegetables or 2 cups of raw leafy greens)</p> <p>Whole grains- (bread, pasta, cereal), popcorn, oatmeal, brown rice</p> <p>Red meat (beef or ham) no more than 3 times a week</p> |
| Healthy Choice | Healthy Weight |
| <p>If you NEVER smoked</p> | <p>BMI less than 30</p> |

If you do all four of these you **decrease your risk of stroke, heart attack, diabetes and cancer by 78%!**