

FOR IMMEDIATE RELEASE

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A Healthier Tomorrow

Each day we wake up and are presented with two options: we can stay put where we are OR we can take the next step into something better!

The diet and exercise choices we make today can lead to a healthier tomorrow. Eating a healthy well-balanced diet and exercising often can help control or delay several healthy issues like high blood pressure and diabetes. The following tips provided by the USDA will reflect ways we can make daily efforts to live A Healthier Tomorrow!

Starting point: Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Daily efforts:

- Try to be physically active for at least 30 minutes on most or all days of the week. Maybe for you, being physically active 7 days-a-week seems overwhelming – meet yourself where you are. What is realistic for you? A few days are always better than zero days!
- Eat plenty fruits and vegetables. Experiment with the way you prepare your foods! Do you not like eating vegetables because of the texture after steaming them? Try roasting them.
- Choose foods that are low in added sugars, saturated fats, and sodium. The purer the food the better for you. Short ingredient list is always a good place to start.
- Pick whole grains and lean sources of protein and dairy products. Reach for the Greek yogurt maybe the next time you're at the store; Greek yogurt is packed with protein and a great source of dairy.
- Practice all four types of exercise: endurance, strength, balance, and flexibility. Not all four need to be done weekly, but adding in each type throughout the month will serve you great benefits!

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