

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

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