Nutrition: Goal Choice #1

Decrease Sugar-sweetened Drinks

Eliminate all sugary drinks!

Commit to decrease sugary drinks by an additional 50%!

Cut back current sugary drinks by 50%. Drink water and low or non-fat white milk instead!
Nutrition: Goal Choice #2
Decrease Added Sugars

Eat foods high in sugar only on special occasions.

Eat foods high in sugar one time per week.

Eat foods high in sugar only 3 times per week.

What you can eat instead!
Increase intake of fresh fruits and vegetables by 1 fruit and 1 vegetable a day.

Achieve and maintain intake of 5 fresh fruits and vegetables a day. (Even more is better!)

Increase intake of fresh fruits and vegetables by an additional 1 fruit and 1 vegetable a day.

Increase intake of fresh fruits and vegetables by 1 fruit and 1 vegetable a day.
**Nutrition: Goal Choice #4**

**Improve the Amount and Type of Fat You Eat**

- Trans fats are manufactured fats such as shortening, margarines and fried foods.
- High-saturated fat foods/red meats include: beef, pork, whole milk and butter.
- Heart-healthy fats include: avocado, salmon, nuts and olive oil.

1. Eliminate all fried foods.
2. Lower red meat/high-saturated fat foods to less than 2 servings per week.
3. Include at least 1 heart-healthy fat into daily diet.
1. Heart-smart breakfast 7 days a week.
2. Have 1-2 heart-smart snacks a day.
3. Adopt the Plate Model for at least 2 out of 3 meals per day.

Nutrition: Goal Choice #5

Adopt a Heart-Smart Eating Pattern

1. Heart-smart breakfast 5 out of 7 days a week.
2. Adopt Plate Model for at least 1 meal per day.

Heart-smart breakfast 5 out of 7 days a week.
Physical Activity: Goal Choice #1

Increase Physical Activity During Free Time!

Commit to 60 minutes of physical activity every day!

Commit to 40 minutes of physical activity every day!

Commit to 20 minutes of physical activity every day!

Commit to 10 minutes of physical activity every day!
Physical Activity: Goal Choice #2

Become Involved in Organized Physical Activities!

Commit to **four** organized physical activities per year!

Commit to **three** organized physical activities per year!

Commit to **two** organized physical activities per year!

Commit to **one** organized physical activity per year!
Physical Activity: Goal Choice #3

Increase Physical Activity!

Participate in physical activities at a medium to hard level

TIMES PER WEEK FOR MINUTES!

Here are some activity ideas. Use your imagination and have fun!

• walking
• biking
• climbing stairs
• dancing
• treadmill
• fitness center
• swimming
• jump rope
• obstacle courses
• activity stations
• Nintendo Wii Fit
• tag games
• skateboarding
• jogging
• hiking
• gymnastics
• YouTube exercise videos
• yard work
• elliptical
• rollerblading

What is medium to hard intensity?

0 1 2 3 4 5 6 7 8 9 10
Sitting Really Really Tired
Physical Activity: Goal Choice #4

Less Sitting Time!

Commit to decrease leisure sitting time to less than 2 hours per day.

Commit to decrease leisure sitting time to less than 4 hours per day.

Commit to decrease leisure sitting time to less than 6 hours per day.

Commit to decrease leisure sitting time to less than 8 hours per day.

What can you do instead of sitting!________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________