

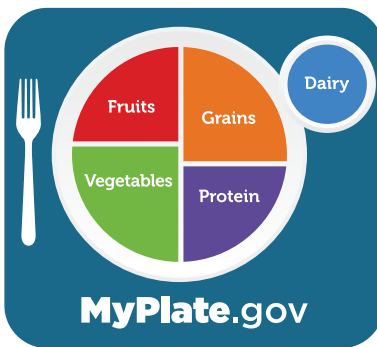
EXERCISE AND NUTRITION: TAKE CHARGE OF YOUR WEIGHT, FIGHT OBESITY FOR GOOD HEALTH

Good nutrition is key to avoid obesity and to keep Americans healthy.

People with healthy eating patterns live longer and are at lower risk for serious health problems. For people with chronic diseases, healthy eating can help control those issues and prevent more problems later.¹

The U.S. Department of Agriculture released the MyPlate guidelines.²

On the right is an image that shows daily healthy and well-balanced meals. Visit www.myplate.gov/eat-healthy/what-is-myplate to find out more.



- **Fruits:** Whole, fresh fruits are best.
- **Vegetables:** At least one to two cups of raw or cooked vegetables, vegetable juice or leafy greens.
- **Grains:** Whole grains, such as those made with whole-wheat flour.
- **Proteins:** Specific protein needs vary by age and gender. Visit the website to find out more.
- **Dairy:** Low-fat milk or soy milk and eat yogurt or natural cheese.⁴

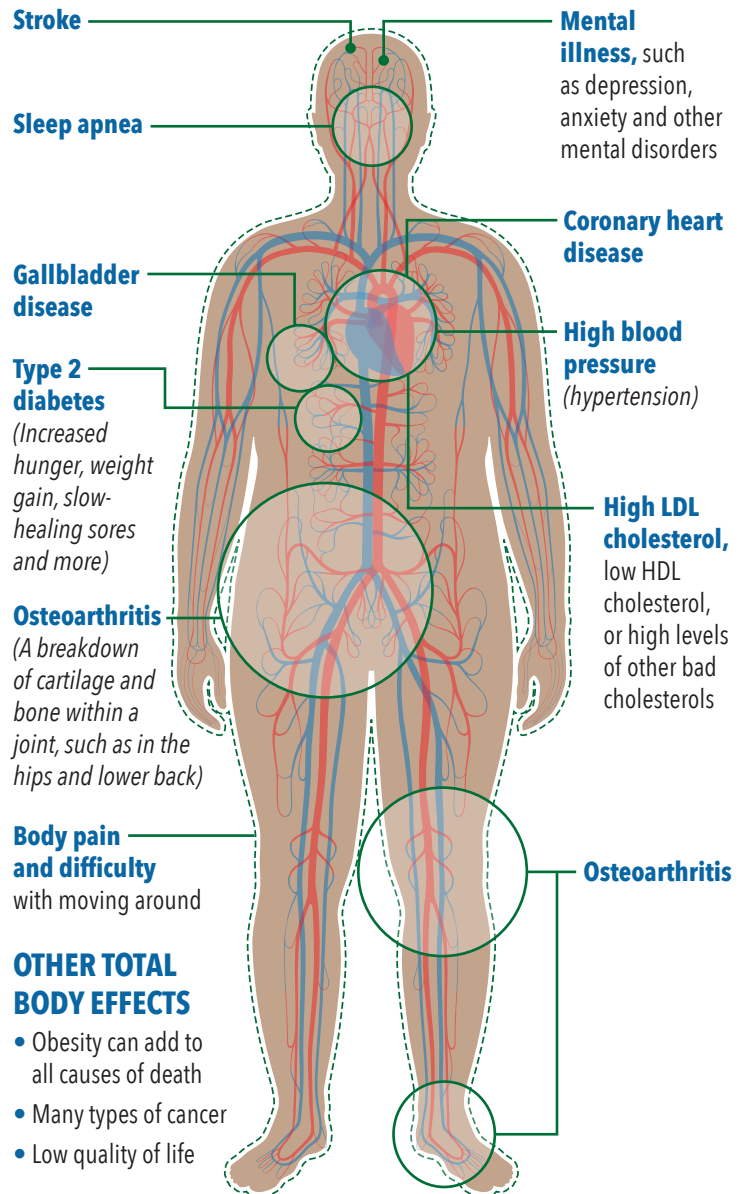
Physical Activity for a Healthy Weight⁵

Moderate, regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight. If you breathe faster and your heart beats faster but you can still talk, it's probably moderate exercise. **Examples of good, moderate exercise include:**

- Walking at a good pace (a 15-minute mile).
- Light yard work (raking/bagging leaves or using a lawn mower).
- Biking at a casual pace.
- Actively playing with your children or grandchildren.



The Health Effects from Obesity³



WHERE DO I GET MORE INFORMATION ABOUT HOW TO MANAGE MY WEIGHT AND DIET?

Contact your local Community Health Center or another health care facility for an appointment.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: 1: <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html> • 2: <https://www.myplate.gov> • 3: https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf
3: <https://www.cdc.gov/healthyweight/effects/index.html> • 5: https://www.cdc.gov/healthyweight/physical_activity/index.html

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