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January is Healthy Weight Awareness Month

Quote

"If you keep good food in your fridge, you will eat good food."

Healthy Eating

According to myplate.gov, our plate should be half fruits and vegetables and the other half should consist of protein and grains. Focus on eating whole fruits, rather than 100% fruit juice.

Quote

The distance between who I am and who I want to be is only separated by what I do

Exercise

Physical Activity

Adults should get 150 minutes of physical activity each week.

Regular exercise is beneficial by controlling your weight and combating health conditions and diseases, such as, high blood pressure and cholesterol.

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