



Eat Smart - Be Active!

“God said, ‘See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.’” Genesis 1:29 (NRSV)

Eating smart to stay healthy is essential to the body. Be smart about foods eaten by making wise food choices. One way to do this is to follow the Food Guide Pyramid <http://www.mypyramid.gov/> and develop a plan for healthy meals and snacks. Another way is to eat colorful fruits and vegetables. These foods are packed with vitamins, minerals, and fiber that may help prevent some cancers and lower blood pressure.

Not only eat sensible portions, but also be physically active to remain healthy. Think of ways to increase activity. For example, park the car further from a final destination and walk the rest of the way, or take the stairs instead of the elevator. Start today. Take steps to learn new behaviors. Develop new habits and move to the healthy path by eating smarter and being active.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.



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