

GET HEALTHY  
HARTFORD

DURING

NATIONAL  
NUTRITION MONTH



National Nutrition Month®  
American Dietetic Association

# GET HEALTHY HARTFORD

## GO PLAY!!!



- ❖ Join a sports team
- ❖ Walk back and forth to school with a group of friends
- ❖ Race home
- ❖ Take a walk with mom, dad or grandparents every day
- ❖ Take an apple or fresh fruit as a snack
- ❖ Get up and Move
- ❖ Exercise is Cool



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## Tips To Stay Healthy On The Go...



- ⇒ Plan a picnic with the family at a park
- ⇒ Try substituting salad for French Fries or desserts
- ⇒ Eat a rainbow of colors on your plate, get some variety
- ⇒ Take time to read menus, don't pick the first thing that looks good, make healthier choices
- ⇒ Start your meals with a salad or soup
- ⇒ Take a walk with your family after dinner everyday, talk about what happened at school, the weather or whatever