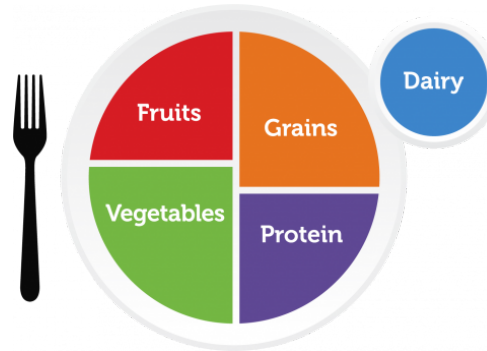




- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water

Recommendations for a healthier lifestyle

5 or more servings of
fruits & vegetables



Eat healthy with MyPlate
MyPlate.gov

TIPS TO EAT BETTER

- Eat fruits for your desserts
- Add veggies to foods you already make
- Try sweet & savory salads
- Make a fruit/veggie smoothie with yogurt
- Bake, air fry, or grill your food
- Use healthier cooking oils such as avocado or olive oil
- Shop for seasonal produce
- Fresh, frozen, canned, and dried: fruits and vegetables are a delicious way to make every bite count!



2 hours or less of
recreational screen
time

GIVE YOUR EYES A BREAK!

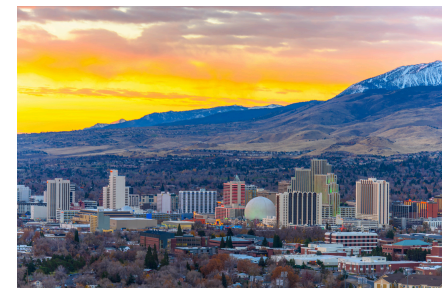
Explore new ways to spend time with your family.

- Cook meals together
- Play games
- Read/Write
- Arts & Craft



Enjoy free activities in Reno/Sparks:

- Explore new and free community events all year long
- Washoe County Libraries have movie nights, shows and activities
- Parks & Recreation offers a variety of activities for all ages



1

hour or more of physical activity

0

sugary drinks, more water

MOVE MORE, FEEL BETTER

- Make exercise fun and part of your daily routine!
- Visit a local park and explore, parkfinder.washoecounty.gov
- Walk, run, or bike with a friend or family member
- Make your family time active:
 - Playing active games (red light/green lights, Simon says, charades, dancing, etc.)
- Sign-up for a free exercise class or download a free app



RETHINK YOUR DRINK

Here are some tips for choosing better beverages.

- Add flavor to your water using slices of cucumber, lemon or other fruit.
- Instead of soda or soft drinks, go for sparkling water.
- Choose a juice that says 100% juice on the label.
- Avoid added sweeteners by reading the ingredient list on the food label.
- Watch the serving size. Many bottled drinks and juices contain 2 or more servings.

For fun and healthy recipes, visit rethinkyourdrinknevada.com

CREATE A PLAN FOR ACTION!

- ✓ Create realistic goals for yourself
- ✓ Celebrate when your small steps lead to bigger changes
- ✓ Use available resources

TAKE ONE SMALL STEP TODAY.



MOVE MORE

it's a great way to improve your health

EAT REAL

foods that come from nature give you energy



DRINK WATER

it's the best choice

REST UP

good sleep restores your body and mind



MORE INFORMATION

Contact us for more information or to get free healthy living resources.

✉ 5210healthywashoe@nnph.org

🌐 5210washoe.com

📞 775-328-2612