ADULTS

Energize ME

Getting in Balance

Balance work & fun with family & friends.
Commit to small changes & set realistic goals.

Eat at least 5 servings of fruits & vegetables a day.

√ Eat a fruit or vegetable at every meal.
√ Eat a healthy breakfast every day (add fruit to your cereal).

Limit TV and other screen time to 2 hrs. or less daily.

√ Take time to take care of yourself.
√ Turn off the TV and enjoy a family meal together.

Get up & get moving at least 30—60 minutes a day (more if you want to lose weight).

√ Plan family time & try walking together, ten minutes a day, three times a week.

Replace sugar-laden drinks with water & fat free milk.

√ Limit your daily intake of soda and juice.
√ Instead, drink water or fat free milk.

How ready are YOU to get more energy?

NOT READY — READY

0—1—2—3—4—5—6—7—8—9—10

What would make me more ready?	What might my next steps be?	What is my plan?

Your business tag line here.

Organization

Do you know your BMI (Body Mass Index)?
If not ask your provider.
Knowing your BMI may help you and your family maintain a healthy & balanced lifestyle.

Developed by "weighing action" a collaborative effort of Maine organizations convened by the Maine Center for Public Health.