



BLUE ZONES™

challenge



☆☆ How do I figure out serving sizes? for fruits and veggies, one serving equals:



1 medium-sized piece of fruit or vegetable about the size of a tennis ball



1/2 cup raw, cooked, canned fruits or vegetables about the size of your fist



3/4 cup of fruit or vegetable juice about the size of a juice box



1 cup raw, leafy vegetables about the size of a deck of playing cards

☆☆ How do I set goals?





This week, challenge yourself to choose healthier activities than last week. Make goals small enough that you can stick to them, but large enough that you'll notice the changes in your everyday life.

For example:

- If you want to get more exercise, add one more exercise period each day this week.
- If you want to eat healthier foods, try adding one more serving of fruits or vegetables on four days this week.

Be consistent! Eating five servings of fruits and vegetables every day is much healthier than eating one serving on some days and eight servings on others. And remember – slow and steady wins the race. After several weeks, those small changes will add up to a much healthier you!

Ideal Goals Key:

do more!		Fruits and Vegetables: Eat 5-9 servings a day. They taste great – and are great for you!
		Physical Activity: Get moving! At least 4 periods every day.
do less!		Sweetened Beverages: Cut back. Drink 1 serving or less every day.
		Television: Tune out! Watch 2 periods or less every day.

☆☆ so, where do I begin?

Don't become a television zombie! Set your daily TV goal for the week, decide ahead of time the shows you really want to watch, and when they're over – tune out and start moving your body.

Got the munchies? Choosing healthy snacks are great ways to get those five daily servings of fruits and vegetables. Skip the chips and choose baby carrots, fresh berries, or apples with yogurt dip instead. Remember to try lots of different things – and eat as many different colors a day as you can.



Cut out the sweet stuff! Not only do sodas, sports drinks, and sweetened fruit drinks add calories, they don't provide the vitamins and minerals that your growing body needs. If you're thirsty, drink a glass of water – at least eight a day. Low-fat milk and 100% real fruit juices are great choices too.

Find simple ways to get moving! A bike ride with friends or a walk around the neighborhood with your family are great ways to get started. Exercise plans get rained out? Turn up the radio and start dancing. Exercise every day – and make it fun.



Sweetened beverages include things like colas/sodas/pop, sports drinks, Capri-Sun®, Hi-C Blast® and Kool-Aid®.

1 serving = 1 drink pouch



2 servings = 1 can



3 servings = 1 bottle



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