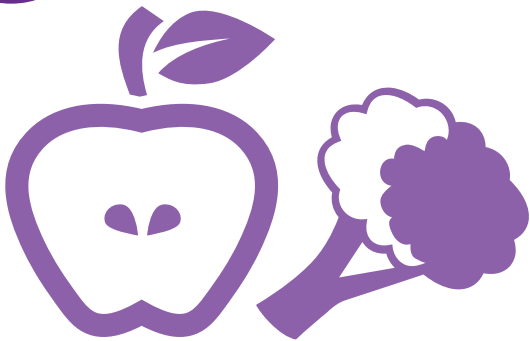


**6 Easy Ways to**

# **Eat Better & Move More**



1



## **Eat More Fruits and Veggies!**

Add fruits and veggies to your meals and snacks. They are low in calories and packed with nutrients. Fresh, frozen, or canned – they all count!

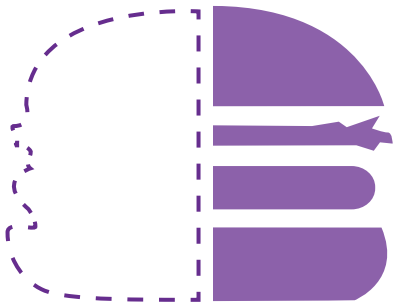
2



## Re-Think Your Drink

Cut back on soda, juice and other sugary drinks. Try water, seltzer, or plain low/non-fat milk instead.

3



## Downsize Your Portions

Cut down your portions. Use smaller plates, eat smaller bites, and take time to enjoy your meal so you don't overeat.

4



## Move More

Be active for at least 30 minutes on most days to stay in shape & feel good. Park further away, take the stairs, go for a walk - move more whenever you can!

5



## Tame The Tube

Limit TV to two hours a day.  
Trade TV, phone and computer  
time for walking, running, biking,  
dancing or playing.

6



## Breastfeed Your Baby

Nurse for a year after your baby is born. Breastfeeding can prevent childhood obesity and help moms reach their pre-pregnancy weight quicker!

# 6 Easy Ways to Eat Better and Move More

**1**

**Eat More Fruits  
and Veggies**

**2**

**Re-Think Your Drink**

**3**

**Downsize Your Portions**

**4**

**Move More**

**5**

**Tame The Tube**

**6**

**Breastfeed Your Baby**



For more information,  
visit [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)

MM4728