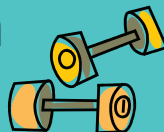


Living Well[®]

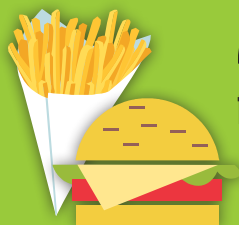
5 Tips for Healthy Adults

1. EXERCISE 5 DAYS A WEEK — 30 minutes each day to maintain weight, 60 minutes to lose weight. (Include both aerobic and strength training.)



2. DRINK WATER OR MILK INSTEAD OF SODA OR JUICE — Unsweetened water and low-fat or non-fat milk are the healthiest choices.

3. EAT BREAKFAST AND 5 A DAY — five half-cup servings of fruits and/or vegetables — EVERY DAY.



4. LIMIT FRIED AND HIGH-FAT FOODS — Have those cheeseburgers, fries, donuts, milk shakes (etc) no more than once a week.

5. WEIGH YOURSELF ONCE OR TWICE A WEEK — Research says if you are weighing regularly, you are less likely to gain.



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