



## Being healthy is a great goal!

*Instead of losing weight, the focus should be on regular activity and sticking to a healthy eating plan.*

# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Groundhog Day
3	4	5	6 Ash Wednesday	7	8	9
10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15	16 <i>Example: The whole family went for a walk today.</i>
17	18 President's Day	19	20	21	22 Washington's Birthday	23
24	25	26	27	28	29	

- Did you know it's...
- American Heart Month
  - National Children's Dental Health Month
  - National Women's Heart Health Day

## Achievement Ideas

- Have snacks that are no more than 100 calories each at least three times each week.
- Don't just get your mail out of your mailbox — take a walk around the block first at least twice a week.
- Drink one more glass of water than you usually do each day.
- What's your idea? \_\_\_\_\_

Total number of achievements this month: \_\_\_\_\_



## Meal Tips

- Breakfast**  
Drink low-fat or nonfat milk.
- Lunch**  
Substitute reduced-calorie salad dressing for regular.
- Dinner**  
Bake, grill, roast, or broil meats and seafood.
- Simple Snack**  
Cheese Kebab — Alternate small slices of apple or pear with cubes of low-fat cheese on skewers.



## Activities

- Basketball
- Dancing
- Handball
- Hockey
- Cross-country skiing
- Walking

## Fun Fact

Limit sweet snacks. Bacteria on your teeth make acids every time you eat or drink a sugary food, damaging your teeth for 20 minutes or more before they are neutralized.



[www.presidentschallenge.org](http://www.presidentschallenge.org)  
[www.americaonthemove.org](http://www.americaonthemove.org)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
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