

PATIENT'S NAME: _____ DATE: _____

INCREASE PHYSICAL ACTIVITY:

Goal: Aim for a minimum of 150 minutes per week, and muscle training activities on two or more days per week. Talk to your doctor about recommended guidelines.

***Get started by** trying a smartphone app like MyFitnessPal, Run Keeper or iFitness for workout ideas and to track your progress. Visit **HENDRICKSCOUNTYPARKS.ORG** for information about fun fitness activities throughout the year at our local parks and community centers.*

EAT MORE FRUITS AND VEGETABLES:

Goal: At meal time, fill half your plate with fruits and vegetables.

***Get started by** making an effort to avoid: high-calorie drinks, desserts, chips and cookies. Be sure to keep an eye on portion sizes. Visit **HENDRICKS.ORG/NUTRITION** for helpful nutrition resources and calculators.*