Fall Into Healthy Habits

Holidays and cold weather can make it easy for people to change their daily diet and exercise routine. These tips can keep you and your family healthy this fall!

Plan meals ahead of time to Eat Right

Eat Right with MyPlate
MyPlate is a great tool to help you and your family eat better. Try to include all food groups at each meal. If you miss a food group during a meal, eat it as a snack later. Planning some of your meals ahead of time can help you reach this goal. Choose a day of the week to make some extra meals or snacks for later in the week. Visit www.ChooseMyPlate.gov

From the CDC:

Eat more fruits & veggies
Make half of your plate fruits and veggies.
• Choose from fresh, frozen and canned fruits and veggies at home.
• Serve fruits and veggies as snacks.
• Choose whole fruits instead of fruit juices.

Only 1 in 10 adults and children in America get enough fruits and veggies.
**Make exercise your daily Routine**

**Schedule your activity**
Planning can make it easier to make exercise part of a routine. Plan to walk or bike after dinner every Tuesday and Thursday night. If you are looking for a place to walk/bike, visit our Places and Spaces guide: ccphohio.org/places-and-spaces/

**Every step counts**
Spread out exercise. Doing small activities throughout the day can add up. This can make it easier to make exercise a part of your every day life!
- Take the stairs instead of the elevator.
- Park at the back of the parking lot.
- Do jumping jacks during work breaks or TV commercial breaks.

**Be an active family**
Move together! It is great for family bonding and teaches kids healthy habits.
- Play with a ball inside! Create your own bowling alley with plastic cups.
- Dance to some music! Try to copy each other’s dance moves.

**Don't forget to get some Sleep**

**How much sleep**
Each person has his or her own sleep needs. Here are some sleep goals to aim for:
- Children ages 1-2 years need 12-14 hours
- Children ages 3-5 years need 10-13 hours
- Most adults need 7-9 hours

**Bedtime routine**
Normal sleep habits are good for your health. Create a bedtime routine. Avoid TVs and phones before bed, and do not keep them in your bedroom.

What 2 things can you do to stay healthy this fall?
1.  
2.