



5 or more servings of fruits and vegetables

Fruits and vegetables are important additions to a healthy lifestyle! They provide a lot of nutrients, water, fiber, and phytochemicals that keep your body healthy and help prevent cancer, heart disease, and other diseases. Plus, they're a tasty way to fill up without adding a lot of calories to your diet – so dig in!

- Try to fill half your plate with fruits and vegetables at each meal – if healthy options are not available in your workplace cafeteria or breakroom, get in the habit of packing a lunch!
- Join with co-workers to improve the food environment – start with creating or expanding an existing workplace wellness plan, acquiring a refrigerator and microwave for the break room to make it easier to bring in healthy lunches, and improving vending machine and cafeteria offerings.
- Look into hosting a farmers' market or community garden at your worksite or establishing a farm-to-work partnership.

2 or fewer hours of recreational screen time⁺

⁺ review guidelines on parenting strategies to encourage quality screen time (AAP, 2015)

Recreational screen time is free time spent in front of screens – like televisions, video games, and the Internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time – so find other fun activities to do in your free time, and take regular breaks from sitting at your computer at work!

- Find like-minded co-workers and take a walk during your lunch break instead of surfing the web.
- Do you work at a desk? Consider sitting on a yoga ball instead of an office chair, do leg lifts under your desk as you type, and learn whether treadmill desks are feasible in your office.
- Take regular breaks to stretch and work your muscles.

1 or more hours of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun!

- Walk or bike to work.
- Consider scheduling walking meetings in place of seated meetings when there are a small number of attendees.
- Make stairwells more appealing – the addition of colorful paint, carpeting, music, and artwork can promote stair use.

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Make water the norm for quenching thirst – drink water when you are thirsty, and encourage others to do the same. Take steps to make free drinking water accessible at work if it isn't already!
- Nonfat and 1% milk and 100% fruit and vegetable juices contain beneficial nutrients as well as calories, so think of them as foods that can contribute towards a healthy diet rather than beverages to drink when thirsty.
- Consider limiting your consumption of artificially-sweetened beverages like diet sodas.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!