



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 targeting nutrition, physical activity, and screen time!