

Name: _____ Date: _____

Provider: _____

Clinic: _____

Your doctor or healthcare provider would like to help you improve your overall health. You have set a goal today as the first step in making changes for your health.

 **VEGETABLES & FRUITS** (Recommend 7–10 servings a day)

- Eat _____ servings of vegetables and fruit every day.
- Have 2 or more servings at each meal and snack.
 - Fill half your plate with vegetables and fruit.
 - Add fruit to breakfast.
 - Pack vegetables and fruit to eat with lunch.
 - Write down what you eat and drink.

 **PHYSICAL ACTIVITY**

This program is for people who need to be more active, don't have medical restrictions, and don't need to be supervised during the activity.

- Child /Teen – Work up to **at least** 60 minutes of aerobic activity daily
- Adult – Work up to **at least** 150 minutes of aerobic activity weekly, in bouts of 10 minutes or more

Start slowly by adding activities you enjoy into your life.

Aerobic activities work your heart and lungs (e.g., walking, cycling, and swimming).





 **TOBACCO REDUCTION** (Become tobacco-free)

- Reduce/quit tobacco use: Goal/quit date: _____
 - Talk to a Cessation Counsellor at 1-866-710-QUIT (7848) or a healthcare provider (e.g., doctor, nurse practitioner, pharmacist).
 - Join a support group (e.g., QuitCore). For offerings in your community visit AlbertaQuits.ca.

OTHER RECOMMENDATIONS:

HEALTHY EATING:

One serving of vegetable and fruit is:

FOOD	AMOUNT	ESTIMATED SIZE
Leafy salad	1 cup (250 mL)	Baseball 
Whole vegetable or fruit, medium size	$\frac{3}{4}$ cup (175 mL)	Tennis ball 
Fresh, frozen, canned vegetables and fruit	$\frac{1}{2}$ cup (125 mL)	Hockey puck 
Dried fruit	$\frac{1}{4}$ cup (125 mL)	2 golf balls 

PHYSICAL ACTIVITY:

Try to work at a moderate to vigorous intensity: This means that you'll sweat lightly and breathe faster and deeper.

CHILDREN AND TEENS

Try a variety of activities with your children, such as:

- Walk, bike, rollerblade or skateboard to school.
- Register in minor sport programs each season. Try something new!

ADULTS

Schedule activity into your day:

- Be active every day! Take walking breaks at work. Walk or cycle to work or to do your errands.
- Be active with others! Go for a walk with family or a friend.
- Join a recreation centre. Take classes like yoga, dance, swimming.