

**“I know what is healthy...  
but, I need a plan to  
overcome my excuses!”**

**“I don't have the time to cook.”**

Prepare a large amount of food on a day off from work for the whole week.

**“Sometimes Fast Food has to be in my day.”**

Try ordering a kid's meal instead of a large combo meal. Remember that cooking at home can be just as easy and fast. Call a nearby park for a cooking class.

**“It costs too much money.”**

Buy generic! Buy frozen vegetables and fruits. Cook foods at home. It can be cheaper than fast food.

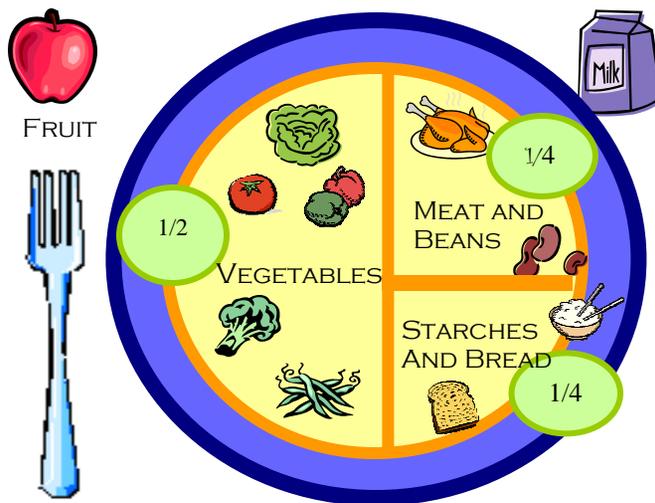
**“My family does not like healthy food.”**

Prepare meals with your kids. Share recipes. Hide the vegetables in your sauces, soups and/or brown rice. Be a healthy role model for everyone.

**No More Excuses!!**

**Do not wait until you get Diabetes  
or Heart Disease.**

## Use Your Plate To Eat Right



**1/2 PLATE = VEGETABLES  
(NON-STARCHY)  
1/4 PLATE = STARCHES/BREAD  
1/4 PLATE = MEATS & BEANS  
INCLUDE LOW FAT MILK AND FRUIT!**

Low-income families can apply for free and low-cost health coverage.

Call **1-877-597-4777** for more information.

Help is available because...  
“Every one deserves healthcare!”

### More Resources:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

[www.4woman.gov](http://www.4woman.gov) or 800-994-9662

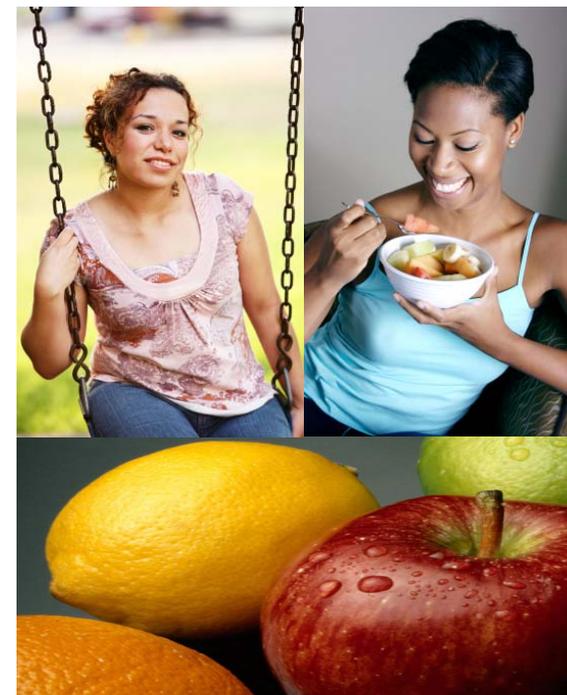


## Steps to a Healthy Life!

**Eat Healthy!**

**Act Healthy!**

**Live Healthy!**



**Start Today.  
One Step at a time.**

Los Angeles County  
Healthy Weight for Women  
of Reproductive Age  
Action Learning Collaborative

**“I know what is healthy...  
but, are my habits healthy?”**

<i>DO I...</i>	Yes	No
Drink low-fat or skim milk?	<input type="checkbox"/>	<input type="checkbox"/>
Eat 4 or more vegetables each day?	<input type="checkbox"/>	<input type="checkbox"/>
Eat 2 or more servings of fruits each day?	<input type="checkbox"/>	<input type="checkbox"/>
Limit butter, lard, and shortening?	<input type="checkbox"/>	<input type="checkbox"/>
Avoid foods & drinks with lots of sugar or corn syrup?	<input type="checkbox"/>	<input type="checkbox"/>
Limit TV time to less than 3 hours per day?	<input type="checkbox"/>	<input type="checkbox"/>
Limit sodas and juices?	<input type="checkbox"/>	<input type="checkbox"/>
Read food labels?	<input type="checkbox"/>	<input type="checkbox"/>
Include lots of fiber by eating whole grains?	<input type="checkbox"/>	<input type="checkbox"/>
Eat a cereal or take a multi-vitamin with folic acid daily?	<input type="checkbox"/>	<input type="checkbox"/>
Eat breakfast every day?	<input type="checkbox"/>	<input type="checkbox"/>
Exercise every day?	<input type="checkbox"/>	<input type="checkbox"/>

**If you checked “No” on any of the above, see the next page.**



**Secrets to a Healthy Lifestyle**

**← First, see what you checked “No” .  
Plan one change at a time.**

When you have made a new habit, rejoice!

**Next, save this brochure**

Pick another “No” . Now work on making another new habit.

**Keeping a healthy weight means having new habits.**

For example: reduce sugary foods. Eat a rainbow of vegetables and fruits. Eat whole grains. Read food labels carefully. Exercise every day.

**Remember that the first 3 days of a new habit are the hardest.**

During that time, eating right will be an act of willpower. After two or three weeks of sticking to it, your brain will get rewired. Then you will have your healthy habit for life !

**If you slip, forgive yourself.  
Start again.**

**“I know what is healthy...  
but workouts just don’t work out for me.”**

**“I’m too tired after work.”**

Plan to do something active before work or during lunch break. Talk to your supervisor about having a wellness program at work. Exercise more on your days off. Be active every day!

**“I can’t afford to join a fitness center or buy equipment.”**

Do something that doesn ’ t require fancy equipment. Walk, climb stairs or use cans of food for weights. Call a nearby park for free activities.

**“Exercise is boring.”**

Find something you enjoy doing. Find a buddy and walk at the mall.



**Put on some good music and just move!**

