



Nutrition Facts

Focus on Total Health

Health, vitality and peace of mind are the key to living healthfully. Here are some tips on how to focus on total health!

Taking the Healthy Road

Eating healthy starts with making healthful food choices:

- Eat a variety of foods.
- Balance your food choices with physical activity.
- All foods fit in moderation.



Physical Activity — Make it a Regular Thing

Regular physical activity helps control weight, maintain healthy bones, muscles and joints, and it makes you feel better all over. Physical activity can be achieved in a variety of ways. If you are just starting, look for activities you enjoy and can do on a daily basis.

GET UP and GET MOVING!

For example:

- Walk the dog or take a stroll.
- Park further away at work or the store.
- Take the stairs instead of the elevator.
- Get off the bus a stop before and walk.



Peace of Mind — The Mind and Body Connection

A positive or relaxed frame of mind can help you overcome even the most serious physical conditions. When you are relaxed, your blood pressure decreases and your food is absorbed well. There are many opportunities every day to reduce your stress level.

For example:

- **Breath** — Stop, close your eyes and focus on your breathing. Inhale slowly through your nose; exhale slowly through your mouth.
- **Use scents** — Sniff a perfume that you wore on a wonderful weekend getaway to trigger a relaxation response.
- **Get moving** — Exercise has mood benefits. So skip rope with your children or simply go for a walk.

Sources: www.eatright.org
www.health.com



Ask the Dietitian County of Los Angeles,
Public Health Nutrition Program
www.lapublichealth.org/nutrition

