

FOR PEAK PERFORMANCE, REACH ALL TARGETS AND + GOALS



September 2016

Being Fit Forever is About Making Good Choices Daily



Healthy Treat of the Week

Tuttie Fruity Smoothie!

- 1 cup fat-free milk
- 1 cup low-fat fruit yogurt
- banana / 1 cup strawberries

Ice as needed to thin

Instructions:

Combine the fat-free milk, low-fat fruit yogurt, banana, and strawberries in a blender and blend. Slowly add ice until it is the consistency you like.

Tips to Starting a Healthier Diet:

- Add one piece of fruit a day to your eating.
- Start to drink two more glasses of water a day.
- Try a new reduced fat recipe or snack food each week.
- Eat something healthy for breakfast. Research shows that breakfast helps young people maintain a healthy weight and to be active.
- Choose whole meal or whole grain bread instead of white.
- Trim the visible fat from raw meat, and grill instead of fry.

Exercising 30 - 60 minutes most days of the week consistently can add 10 more years to your life, give you more energy, and improve your grades and work performance

Drinking 6-8 glasses of water per day can increase your metabolism by 30% and reduces afternoon sluggishness, hunger, and many stomach complaints

Eating half of the plate full of fruits and vegetables for 2 or more meals improves your appearance, and cuts your risk for heart and most cancers in half

Eliminating soda and other sugary drinks from your daily routine can result in 10 or more pounds of weight loss per year

Reducing your use of TV, computers, electronic games, and cell phones

to no more than 2 hours per day during your leisure time will improve your mood, relationships, and your overall health

Sleeping 8 hours or more each night improves metabolism, enhances mood, promotes a healthy immune response, and reduces the use of unhealthy beverages to fight fatigue.

Join Be Fit Forever Fitness Club sponsored by Winn Army Public Health and Nutrition Care:

Wednesdays
3:30- 4:30 p.m.
or 4:45 -5:45pm
Fort Stewart
Youth Gym

2nd and 4th Tuesdays
4:00- 5:00 p.m.
Richmond Hill
Clinic
and
6:00—7:00pm
HAAF
Tominac Gym
for a free and fun filled time of family learning and exercise



"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives."

Vince Lombardi