

Exercise Your Right To **FEEL BETTER MINNESOTA**

Balance **Energy In** from food and beverage...

Eat more fruits and vegetables

They refresh and restore – choose a rainbow of colors!

Whole grains, eat as many as you're able

Look for whole grains on the ingredients list.

Cut down on fatty foods

Select lean meats and small amounts of healthy fats.

Take smaller portions

Practice portion control at home and eating out.



Choose water – the naturally nurturing drink

It's free, healthy, and calorie-free.

...with **Energy Out** from physical activity.



Your body wants to move!

30 minutes for adults each day,
60 minutes for children and young
people.



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MINNESOTA'S
VISION
A Better State of Health

Statewide Health
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