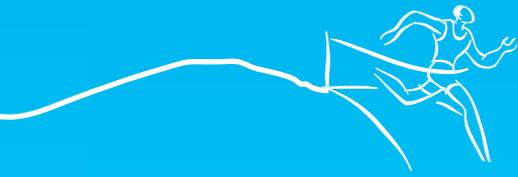


Eat Right Be Active



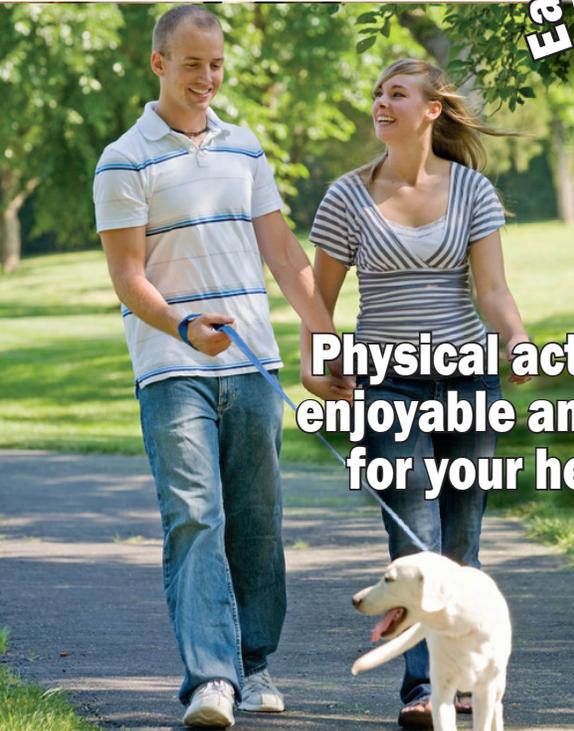
DON'T JUST EAT YOUR GREENS
eat your reds, whites, yellows,
blues and purples.



Eat whole grains and lean, lower fat foods.



Reducing fat and extra calories in your diet can lower cholesterol levels and decrease your risk of high blood pressure and chronic disease.



Physical activity is enjoyable and great for your health.



Regular physical activity helps control weight, build and maintain healthy bones, muscles and joints.

If we have more healthy choices, we'll be able to have healthier lives. For more information, contact:
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