

healthy living: the choice is yours

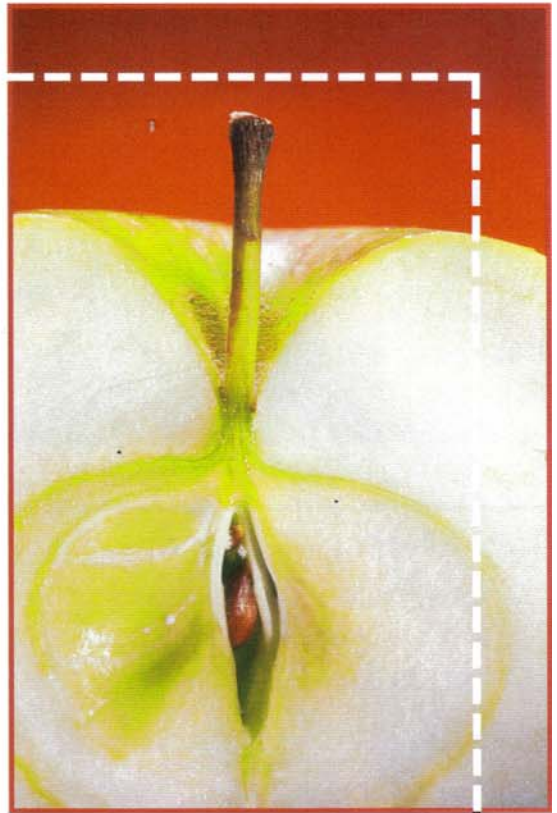
Make Health

Your Choice is your guide to **better nutrition and being more active.** Healthy living is not about perfection, it is about making improvements in your lifestyle that last a lifetime.

Three key components work together to help you achieve a healthier lifestyle - eating well, being physically active and feeling good about yourself. This magazine provides all the information you need to know about building a better diet, making physical activity a permanent and rewarding part of your life and adopting a healthy attitude about yourself.

**So, are you
ready to take
charge of your
health and
experience the
benefits of
healthy living?**

**It's your life ...
it's your choice!**



healthy eating 101: ←

Back To Basics



Staying healthy depends on many different factors. In 1988, a report released by the Surgeon General stated, "If you are among the two out of three Americans who do not smoke or drink excessively, your choice of diet can influence your long-term health prospects more than any other action you might take." Over a lifetime, a nutritious diet can help lower your risk of cancer, heart disease, high blood pressure, obesity, diabetes and osteoporosis.

Eating healthy is not about deprivation, it's about choices. It doesn't mean giving up the foods you love, it means choosing wisely from a variety of foods you enjoy. The Dietary Guidelines for Americans, developed by the federal government, offers good advice for healthy Americans two years and over.