



"EAT SMART" TIPS

- ♥ Eat breakfast—skipping can lead to overeating later in the day.
- ♥ Keep fresh fruits and vegetables washed, cut-up and ready to eat.
- ♥ Eat slowly—it takes about 20 minutes to realize you're full.
- ♥ Stock your refrigerator with 100% fruit juice instead of soda pop.
- ♥ Eat low-calorie snacks to keep yourself from "pigging-out" at mealtime.
- ♥ Bite into a pickle or a lemon to curb your appetite.
- ♥ Brush your teeth—you'll want to keep that clean taste for a while.
- ♥ Before going out to eat, have a piece of fruit or drink a glass of milk.
- ♥ Always share your dessert.
- ♥ Cook extra veggies tonight for a healthy lunch tomorrow.
- ♥ Start a "Fruit-for-Dessert" habit by eating sliced, canned or dried fruit.
- ♥ Don't put serving bowls on the table.
- ♥ Freeze leftovers for another meal.
- ♥ Do deep breathing instead of eating when you are bored or upset.
- ♥ Pay attention when you eat so you don't eat more than you planned.
- ♥ Only eat food at one place in your house—the kitchen table.
- ♥ You need water—drink it!
- ♥ Half size your burger; then fill up your bun with vegetables.
- ♥ Moderation—don't eat too much of any one thing.
- ♥ Take the salt shaker off the table.
- ♥ Choose fruits and veggies that include a variety of colors.
- ♥ Try a new veggie each week, like spaghetti squash or asparagus.
- ♥ Eat grilled chicken and skip the fries.



The Eat Smart Move More Campaign is a path to better health. This Campaign has been created to inspire and empower Erie residents to get up, move more, and eat smarter in order to build a healthier, stronger and more fit community. Become a part of this Campaign by taking the 8-week Eat Smart Move More Pledge. For more information and a Pledge Card contact:

Erie County Health Department
606 West Second Street, Erie, PA 16507
PH: (814) 451-6700 FAX: (814) 451-6774

“MOVE MORE” TIPS



- ✔ Take the dog for a longer walk at least once a week.
- ✔ Walk to a co-worker’s desk instead of using the telephone or email.
- ✔ Buy gifts that inspire fitness.
- ✔ Use physical activity as a reward instead of food.
- ✔ Always use the stairs!
- ✔ Make household chores YOUR chance to be active—break a sweat!
- ✔ Get off the bus a few blocks early and walk the rest of the way.
- ✔ Always park the car far away from the entrance.
- ✔ Help a neighbor rake leaves or clean up their yard.
- ✔ Shovel and play in the snow!
- ✔ Walk or jog along the beach.
- ✔ Learn to ice skate or ski, and do it!
- ✔ Play tag or Frisbee with your kids.
- ✔ Plan a “walkie-talkie” (walk and talk) with a friend.
- ✔ Take a historic walking tour of the city.
- ✔ Walk around the entire mall once a week.
- ✔ Set realistic goals to keep yourself motivated.
- ✔ Take a class in martial arts—try karate.
- ✔ Dance to your favorite song on the radio.
- ✔ Take advantage of a free trial offer at a local gym or health club.
- ✔ Ride the stationary bike or use hand weights while watching television.
- ✔ Keep variety in your workout routine so you won’t get bored.
- ✔ Buy a pedometer to count your steps—strive to increase the number!
- ✔ Walk your grocery cart back inside instead of leaving it in the parking lot.



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