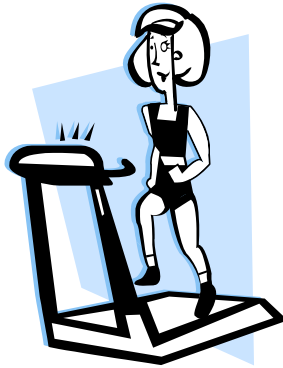


Celebrate Health at Any Size



ENJOY LIVING ACTIVELY

- Be active every day
- Move for the sheer joy and power of it
- Celebrate activity as a natural part of your life;
- **FITNESS FEELS GOOD**
- Be creative — enjoy movement throughout the day
- Enjoy the benefits —
 - increase your energy
 - relieve stress
 - sleep better
 - strengthen bones
 - improve health and resistance to illness
- Help your body regulate — when you're active it's easier to know when you're hungry and when you're full
- Fitness not only weight is the key to longevity
- Add years to your life, and take time to take care of yourself

Celebrate Health at Any Size

ENJOY EATING WELL

- Take pleasure in eating. Think of food as a friend — celebrate, enjoy, taste, savor
- Emphasize regular meals and include the foods you like
- Enjoy a balance of the 5 food groups: grains, fruits, vegetables, meat and alternates, milk (see the Food Guide Pyramid)
- Meet your body's energy and nutrient needs
- Learn to like new foods — enjoy variety
- Maintain a stable, diet-free lifestyle - moderation and variety are key
- Tailor your taste toward foods moderate in fat, sugars, salt
- Enjoy family meals and home cooking



Information taken from http://www.healthyweight.net/hww.htm#Celebrate_Health_at_Any_Size 7 Jan 2004

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