



Tip 1: **DO go for the greenest.** When buying salad greens, select those deepest in color - dark greens and reds. Why: The dark color means beta-carotene and other carotenoids, vitamin C, folic acid, calcium and other nutrients are present.

Tip 2: We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Tip 3: Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. Make less food look like more by using smaller plates.

Weekly Exercise: Seated Hamstring Stretch



Exercise Instructions:

- 1.) Seated on the edge of your chair, keep your right leg bent and extend your left leg straight out.
- 2.) Rest your left heel on the ground.
- 3.) Keeping your left leg straight, lean forward until you feel a comfortable stretch in your hamstring.
- 4.) Hold for 45 seconds.
- 5.) Repeat with the opposite leg.