

# Healthy Eating

## Food is Medicine

Don't eat anything your great-grandmother wouldn't recognize as food

-Michael Pollan

- Eat **regular** meals
- Drink **water**
- Eat **colourful** foods
- Eat foods that are close to their **natural** form
- The **browner** the better
  - choose whole grains, beans, oats, bran



# HEAL

*“Eat foods from our Mother the Earth, exercise each day to build a strong healthy body and smile, to share your shine with everyone”*

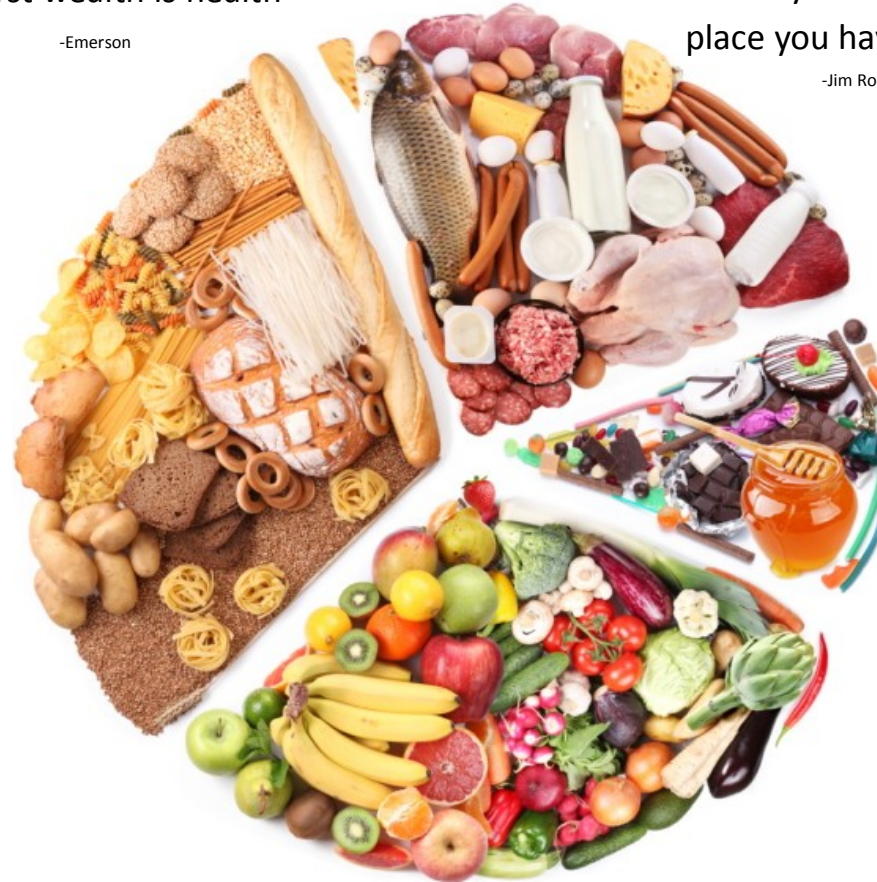
-Elder Frank Wesley

*“The first wealth is health”*

-Emerson

*“Take care of your body. It’s the only place you have to live.”*

-Jim Rohn



*“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can’t taste the beauty and energy of the earth in a Twinkie”*

- Astrid Alauda

*“Processed foods not only extend the shelf life, but they extend the waistline as well”*

-Karen Sessions

# Active Living

## Every Step Counts

The secret of getting ahead is getting started

- Strive for 7 hours of **activity** per week
- Find an activity **buddy**
- Connect with **nature**
  - Walk in the woods, by the ocean or around the block
- Take the **stairs**
- Play with your **kids** and grandkids
- Dance, **move**, garden, swim, canoe, tai chi, nature walk, pick berries

