## Nutrition Back to Basics

|  | Choose... |  |  |
| :---: | :---: | :---: | :---: |
| eat a salad <br> Smart Choices $\Rightarrow x^{+}+6$ | more fruits, veggies |  | 3 days of exercise |
|  | healthy not fad diet | healthy breakfast | skip TV and walk |
| beans for dinner |  | a good lunch | 30 minutes a day |
|  | to plan ahead $\square$ |  | schedule workouts |

Put a check in each box you accomplish this month - see if you can get a bingo - four across, down or diagonal. Better still, go for black bingo and check them all!
BROUGHT TO YOU BY:

