

ECHO Key Messages

Emergency and Community Health Outreach



Key Messages for ECHO Show #17

“Get Fit, Eat Smart and Be Well!”

Finalized Script Deadline: Friday, January 13th, 2006

Translation Deadline: Friday, January 20th, 2006

Translators: Translate only the words not “number 1, number 2, number 3”. Please contact Larry Bogoslaw with any questions. Good luck work!

Number 1: A healthy diet is filled with nutritious foods especially fruits and vegetables.

Number 2: Eat less sugars and fats and at meal time, avoid over-eating by eating slowly and choosing modest portions.

Number 3: Exercise daily by walking, dancing or participating in other activities to maintain a healthy body weight.

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