

ECHO Phone

Emergency, Community and Health Outreach



Monthly Health Advice (MHA): Exercise and Nutrition

EZ Route File Name: MHA Exercise Nutri

Application: Green Call Flow

Node: Monthly Health Topic (in all languages)

TRANSLATION DEADLINE: MONDAY, OCTOBER 30, 2006

If you notice that you don't have a lot of energy, aren't sleeping well, and are gaining weight, you might help yourself feel better by exercising more and eating healthier foods.

You can become more physically active by doing simple things like parking farther than usual from the store, using stairs instead of elevators, or playing actively with your children for an extra 20 minutes each day. These activities do not cost money and will give you new energy to do more things.

You will also feel better by eating better. Unhealthy foods often are sweet, salty or fried. Many busy families buy and eat this kind of food because it is cheap, easy to prepare, and tastes good. Fast food, like french fries and hamburgers, is okay to eat sometimes, but not every day. These types of foods slowly damage your body and can eventually cause heart attacks and diabetes. To keep your body working right, it needs vegetables, fruits, and low-fat proteins such as beans, lean meat, and dairy products.

So start feeling better by exercising more and eating the right food!

To hear this information again, press #1.

To return to the previous choices, press #2.