



Move More – Eat Better – Don't Smoke



Healthy Lifestyle Prescription

Name _____ Date _____

<p><input type="checkbox"/> Stop Smoking: Make a date to commit to quit. Consider support groups and medication to help you stop. Check for free material at www.michigan.gov/tobacco, 1-800-537-5666 or local community programs.</p>
<p><input type="checkbox"/> Increase Physical Activity:</p> <p> _____ 30 minutes of planned activity per day (for general health benefits)</p> <p> _____ 60-90 minutes of planned activity per day (for weight management)</p> <p>General Recommendations: Make your physical activity fun and interesting! Invite a friend or family member to join you. Include a variety of activities such as:</p> <p> ♥ Walking ♥ Exercise Class ♥ Gardening ♥ Dancing ♥ Swimming ♥ Bike Riding</p>
<p><input type="checkbox"/> Improve your diet:</p> <p> — Fruit: 2 cups per day. For juice, use only 100% juice, and limit it to ½ cup per day.</p> <p> — Vegetables: 2½ cups per day. Particularly dark green vegetables (eg. broccoli, kale), and orange vegetables (eg. carrots, sweet potatoes) and legumes such as pinto beans, kidney beans, lentils, and split peas.</p> <p> — Milk or dairy products: 3 cups per day of low-fat or fat-free milk, yogurt or cheese.</p> <p> — Grains: 6 total ounces of cereals, breads, crackers, rice, or pasta each day; at least 3 ounces whole grain.</p> <p> — Protein: 1½ cup per day of meat, poultry, fish; Vary your protein choices. At least 2 cups per week should be nuts, seeds, or dry beans. Go lean! Choose lean meats and poultry. Bake it, broil it or grill it.</p>

For more help go to www.michiganstepsup.org

This prescription was developed by the Michigan Steps Up Healthcare Group. MDCH, 8/05

Provider Name:
