

skate throw board sweep rake wii dance
run skip garden
jump rope
flip blade splits hand yoga breathe health
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slide swing stretch flip blade splits hand
leap slide swing stretch flip blade splits

Exercise Your Right To **FEEL BETTER MINNESOTA**

Balance *Energy In* from food and beverage...

Eat more fruits and vegetables

They refresh and restore – choose a rainbow of colors!

Whole grains, eat as many as you're able

Look for whole grains on the ingredients list.

Cut down on fatty foods

Select lean meats and small amounts of healthy fats.

Take smaller portions

Practice portion control at home and eating out.



Choose water – the naturally nurturing drink

It's free, healthy, and calorie-free.

...with *Energy Out* from physical activity.



Your body wants to move!

30 minutes for adults each day,
60 minutes for children and
young people.



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