

EAT SMART, MOVE MORE IN JUNE

Balance Your Beverages

In the hot summer heat, nothing can be more satisfying than a refreshing beverage. Instead of guzzling down sugary sodas or sports drinks, why not reach for healthy options. Here are four tasty ways you can balance your beverages nutritiously, while quenching your thirst!

Drink plenty of refreshing, calorie-free water.

Water does the body good. With no calories, it helps your muscles and brain stay hydrated for best physical and mental performance. It also keeps your stomach, intestines and kidneys working smoothly. This lets you digest your food and get rid of wastes. How much water you need depends on your size and activity level. People who are larger need more water. So do people who are more active. Drink enough for your urine to be mostly colorless and odor-free.

Drink nutrient-rich, fat-free milk three times a day.

Milk isn't just for kids! Moms and dads need it too. Nutrient-rich dairy foods help build and maintain healthy bones and teeth for a lifetime. Dairy foods may also help build muscle mass, maintain a healthy weight and lower the risk of high blood pressure. For the most nutrients with the least fat and calories, go for skim or 1%. An 8-ounce glass at each meal is an easy way to get 3-A-Day.

Drink no more than 4 to 6 ounces of 100% fruit or vegetable juice a day.

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Fruits and veggies are much better ways to get vitamins, minerals and fluids. Whole produce tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp. Want an easy way to extend the flavor of juice? Mix pure fruit juice with sparkling water or herbal tea; add a zesty lemon or lime wedge - and maybe a sprig of mint.

Moving More, Every day, Everywhere

Generally speaking, the more physical activity you do the more benefits you get. A little

physical activity is better than none - and more is even better. Gradually increase how long, how often and how hard you are active. Start moving today!

MOVING MORE, EVERYDAY, EVERYWHERE

Make active choices during your day...



Take a walk
(10 minutes)



Choose the stairs instead
of the elevator (5 minutes)



Park farther away
and walk (5 minutes)



Dance with your
children (10 minutes)

Move more

