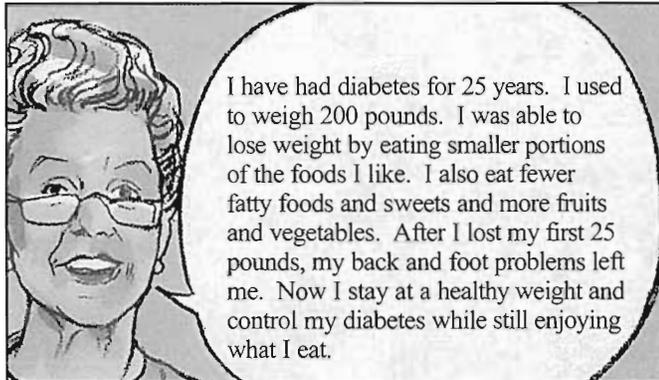


# Doña Fela's Healthy Lifestyle

Losing weight means making long-term changes.

Here's how Doña Fela found success.



## Try these tips to get started.

- ♥ Eat fewer foods that are high in saturated fat—such as fried chicken, pork rinds, and sausage.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and whole grains.
- ♥ Make stews with lean meat and vegetables.
- ♥ Serve small portions, and eat salad if you are still hungry. Don't skip meals.
- ♥ Aim for 60 minutes of physical activity each day.



**Make your personal pledge to do what the Ramírez family is doing! Look at these examples:**

### When shopping

Read labels to choose foods lower in calories.

### When cooking

Bake meat instead of frying it. Use vegetable oil spray instead of greasing the pan with oil.



### When eating

Have green beans and rice with one piece of chicken instead of three pieces of chicken alone.

### Get active

Walk for 10 minutes three times a day. Dance with your family for 20 minutes. Lift weights before work for 10 minutes.



**Write the changes you will make this week.**

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**The health of yourself and your family is priceless. Make an investment in it!**