
Resources

- Your physical therapist
- Sampson County Parks and Recreation
-www.sampsonnc.com/parksandrec.asp
- Center for Health and Wellness
- Eat Smart, Move More, Weigh Less
-<http://esmmweighless.com>



A little change can go a long way!



Don't wait...start getting healthy **today!**

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Eat Smart
and
Get Fit
In Sampson
County



Sampson Regional
Medical Center

Ready

Why should I exercise?

- Sleep better
- Stronger muscles and bones
- Feel better about yourself
- Move around better
- Healthy weight



How do I start?

- Start small: 10 minutes at the time is ok!
- Get friends and family to join you
- Set goals
- Stay motivated!

Set



How much exercise?

- Do something active everyday
- Work up to 150 minutes per week or 20 minutes a day

What can I do?

- Take the stairs
- Play with your kids or grandkids
- Clean the house
- Walk your dog
- Join a wellness facility
- Work in the yard

Go

What should I eat?

- More fruits and vegetables
- Less salt and fat
- Avoid all you can eat buffets
- Less fried food

Where can I find more diet information?

- www.choosemyplate.gov
- www.cdc.gov/nutrition
- Ask restaurants for low fat menu options

