

---

## Resources

- Your physical therapist

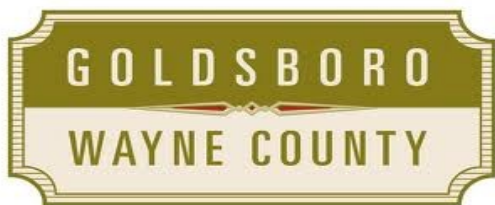
- Goldsboro YMCA

- Goldsboro Parks and Recreation

([www.goldsboroparksandrec.com/centers](http://www.goldsboroparksandrec.com/centers))

- Cliffs of the Neuse State Park

([www.ncparks.gov/Visit/parks/clne/main.php](http://www.ncparks.gov/Visit/parks/clne/main.php))



A little change can go a long way!



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

Katie Taylor, SPT  
UNC-Chapel Hill  
Division of Physical Therapy

---

## Eat Smart and Get Fit In Wayne County

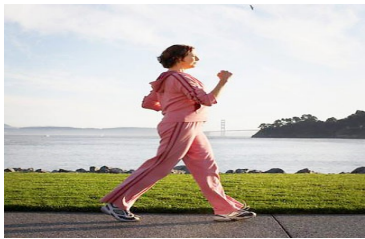


Wayne Memorial Hospital

# 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](http://www.choosemyplate.gov)
- <http://www.cdc.gov/nutrition/>
- Ask restaurants for low fat menu options

