## Prescribing Good Health Makes Good Sense

Your actions will build a lifetime of good health.



NEW

"Canada's Food Guide" (CFG) daily recommended servings for ages 19-51<sup>+</sup>

- vegetables & fruits 7-10
- grain products 6-8
- milk & alternatives 2-3
- meat & alternatives 2-3
- \* refer to CFG for specific recommendations for your age/gender
- \* women of childbearing age should take a multivitamin containing 0.4 mg of folic acid

## "Canada's Physical Activity Guide" recommends

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

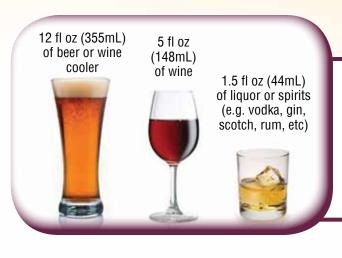
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- More physical activity provides greater health benefits.





Apply SPF 15 or higher 20 min. before going outdoors. Reapply every 2 hrs and after swimming or sweating.

## Quit tobacco use (support is available)



Limit alcohol intake to no more than 2 standard drinks (women), 3 standard drinks (men) on any one day.

(up to 10 standard drinks a week for non-pregnant women) (up to 15 standard drinks a week for men)

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