Experience health benefits by making simple changes to your diet and exercise!

Incorporate these healthy eating tips to positively change the way you look and feel:

**Eat More Beans**

While each type of bean contains its own nutritional qualities, most beans are an excellent source of fiber, B vitamins, antioxidants, and minerals such as calcium and magnesium. Beans are also one of the least expensive types of protein.

**Benefits:**
- Decreases the risk of diabetes
- Helps prevent weight gain
- Promotes proper digestion

**Enjoy Healthier Fats**

There is a misconception that fats are primarily responsible for several health problems such as obesity, type 2 diabetes and heart disease. In fact, fats from whole foods, when paired with a high-fiber, plant-rich diet, are actually beneficial for your body.

**Benefits:**
- Controls cravings
- Reduces inflammation
- Boosts brain power

**Go Easy on Refined Grains**

Instead of filling yourself with refined grains (those that have been processed, such as white bread), try including whole grains such as quinoa, millet, and buckwheat in your diet.

**Benefits of whole grains:**
- Stabilizes blood sugar
- Increases nutrient intake
- Good source of healthy carbohydrates, antioxidants and fiber
In addition to modifying what you eat, making changes in how you eat is also important for adopting a healthier lifestyle.

- Use a smaller plate or bowl to control portions
- Take smaller bites and chew slowly—this will allow you to focus on your food’s taste and texture
- Drink a glass of water before each meal and you will consume less calories

What small changes can you make to your daily eating habits?

1)  
2)  
3)  

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According to the 2008 Physical Activity Guidelines for Americans, adults should get at least 150 minutes moderate-intensity or 75 minutes a week vigorous-intensity of aerobic activity as well as 2 days a week of muscle-strengthening activities. However, even with the best of intentions, sometimes the time for exercise slips away from us.

Here are 5 ways to stay physically active throughout your day:

- When watching television, spend commercial breaks doing push-ups
- While on your lunch break, save 15 minutes for a brisk walk before or after you eat
- Take the stairs instead of the elevator
- Strengthen your biceps by carrying your groceries to the car
- Every time you stop at a traffic light (or the bus does), contract your abdominal, thigh and glute muscles as many times as you can

What ways can you incorporate exercise into your busy day?

1)  
2)  
3)
Cooking with healthy fats, beans, and whole-grains

http://www.delish.com/recipes/cooking-recipes/good-fats

http://www.eatingwell.com/recipes_menus/collections/healthy_bean_recipes

http://www.wholegrainscouncil.org/recipes/cooking-whole-grains

More ways to incorporate exercise into your day

http://www.naturalnews.com/024202_exercise_body_blood.html