



# WIC Prescription for Healthy Active Living



Name \_\_\_\_\_ Date \_\_\_\_\_

## Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

## My Goals (choose one you would like to work on first)

- Eat \_\_\_\_\_ fruits and vegetables each day.
- Get \_\_\_\_\_ minutes of physical activity each day.
- Reduce screen time to \_\_\_\_\_ minutes per day.
- Reduce number of sugared drinks to \_\_\_\_\_ per day.



**Eat. Reduce. Play. Limit.**

From Your...

- \_\_\_ Dietetic Technician
- \_\_\_ Nutrition Educator
- \_\_\_ Licensed Nutritionist

Signature \_\_\_\_\_ #HealthiestWeightFL-

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