

HEALTHIER LIFESTYLE CHOICES

EACH ACTIVITY EQUALS 1 POINT:

ACTIVITY	LENGTH	ACTIVITY	LENGTH
AEROBIC CLASS	20 MINUTES	BASKETBALL	20 MINUTES
BICYCLING	3 MILES	CIRCUIT WEIGHT TRAINING	20 MINUTES
DANCING	20 MINUTES	GOLFING	60 MINUTES
JUMPING ROPE	10 MINUTES	KARATE	20 MINUTES
MINI TRAMP	10 MINUTES	NORDIC TRACK	10 MINUTES
RACQUET SPORTS	20 MINUTES	ROLLER SKATING	20 MINUTES
ROWING	10 MINUTES	SOFTBALL	60 MINUTES
SKIING	20 MINUTES	STATIONARY CYCLING	15 MINUTES
STAIR MACHINE/TRANSPORT	10 MINUTES	VOLLEYBALL	20 MINUTES
SWIMMING	1/4 MILE	WEIGHT LIFTING	30 MINUTES
WALKING	1 MILE		

OTHER ACTIVITY POINTS CAN BE DETERMINED IF REQUESTED

NUTRITION POINTS:

EACH DAY IN WHICH YOU EAT 5 SERVINGS OF FRUITS AND/OR VEGETABLES COUNTS FOR 1 POINT

ONE SERVING EQUALS:

1 MEDIUM FRUIT E.G. APPLE, ORANGE, PEAR
1/2 CUP CUT FRESH FRUIT OR CANNED FRUIT IN OWN JUICE
3/4 CUP 100% FRUIT JUICE
1/4 CUP DRIED FRUIT
1-CUP RAW, LEAFY VEGETABLES OR SALAD
1/2 CUP COOKED OR CANNED VEGETABLES
3/4 CUP VEGETABLE JUICE
1/2 CUP COOKED BEANS, PEAS OR LENTILS

EACH DAY YOU DRINK 64 OUNCES OF WATER YOU GET A POINT

WAYS TO REACH THIS GOAL IS FOLLOW THE "8 BY 8" RULE. DRINK 8 CUPS OF WATER WITH A CUP THAT IS 8 OUNCES