

New Moves goals

Choose fruits and veggies for snacks—
at least 5 fruits and veggies a day

Choose water instead of sweetened beverages like soda

Eat breakfast every day

Pay attention to portion sizes and your body's signs of hunger and fullness

Focus on your positive traits

Be active everyday—
aim for 1 hour each day

Avoid unhealthy weight control practices

Reduce "screen time"
(ideally to an hour or less a day)

be fit

get movin' get groovin'

I

walking

swimming

hip-hop
dance

ultimate
frisbee

biking

tennis

soccer

roller
skating

running

basketball

There are lots of fun ways to exercise, whether by yourself, on a team, or in a group fitness class. Mix it up for the best results!

pilates

in-line
skating

workout
DVDs

kickboxing

gym workouts

DANCE

aerobics

strength
training

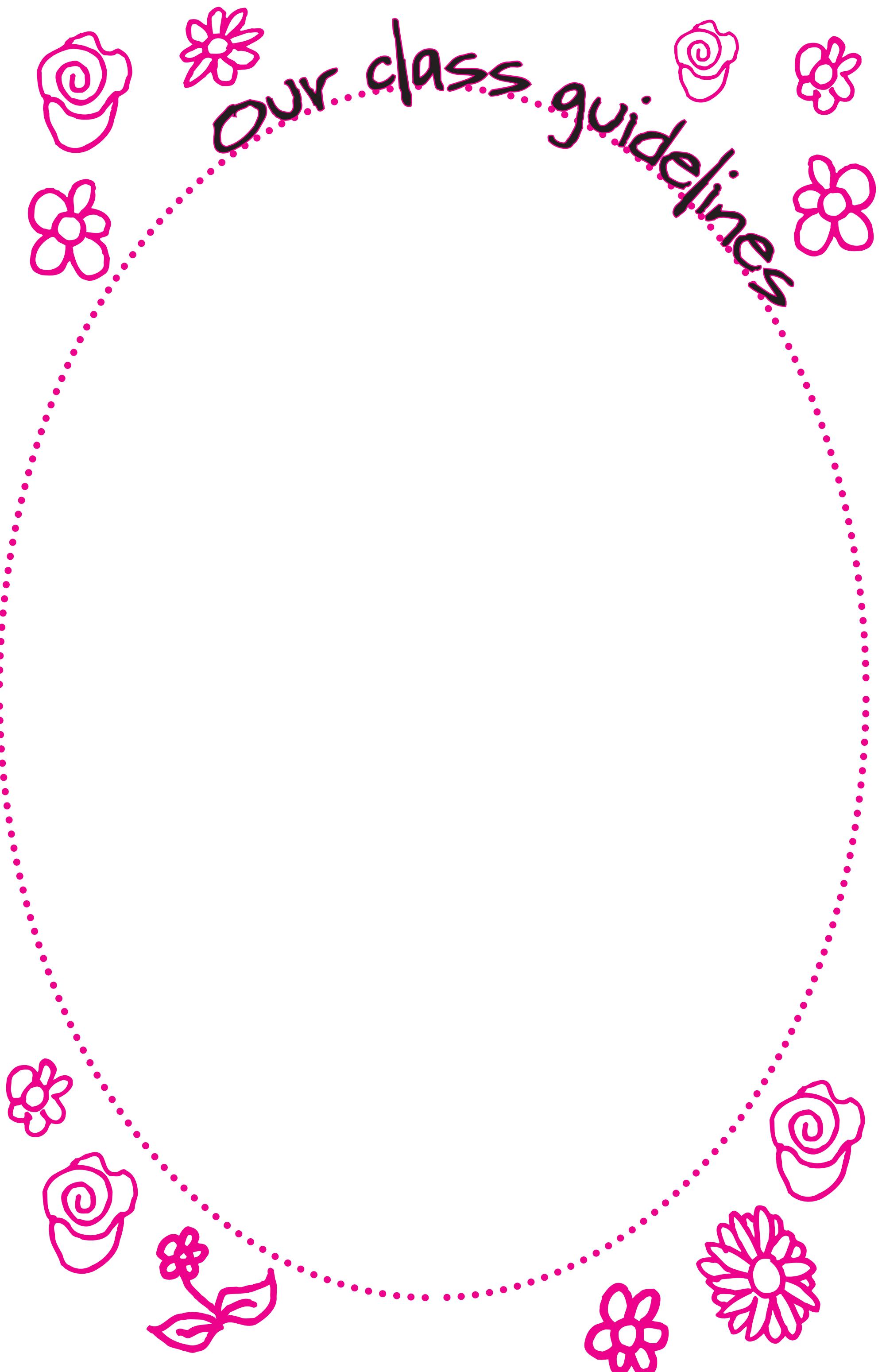
jump
rope

yoga

water
aerobics

kayaking

our class guidelines





**We are phenomenal
women because...**



We are phenomenal
women because...



water



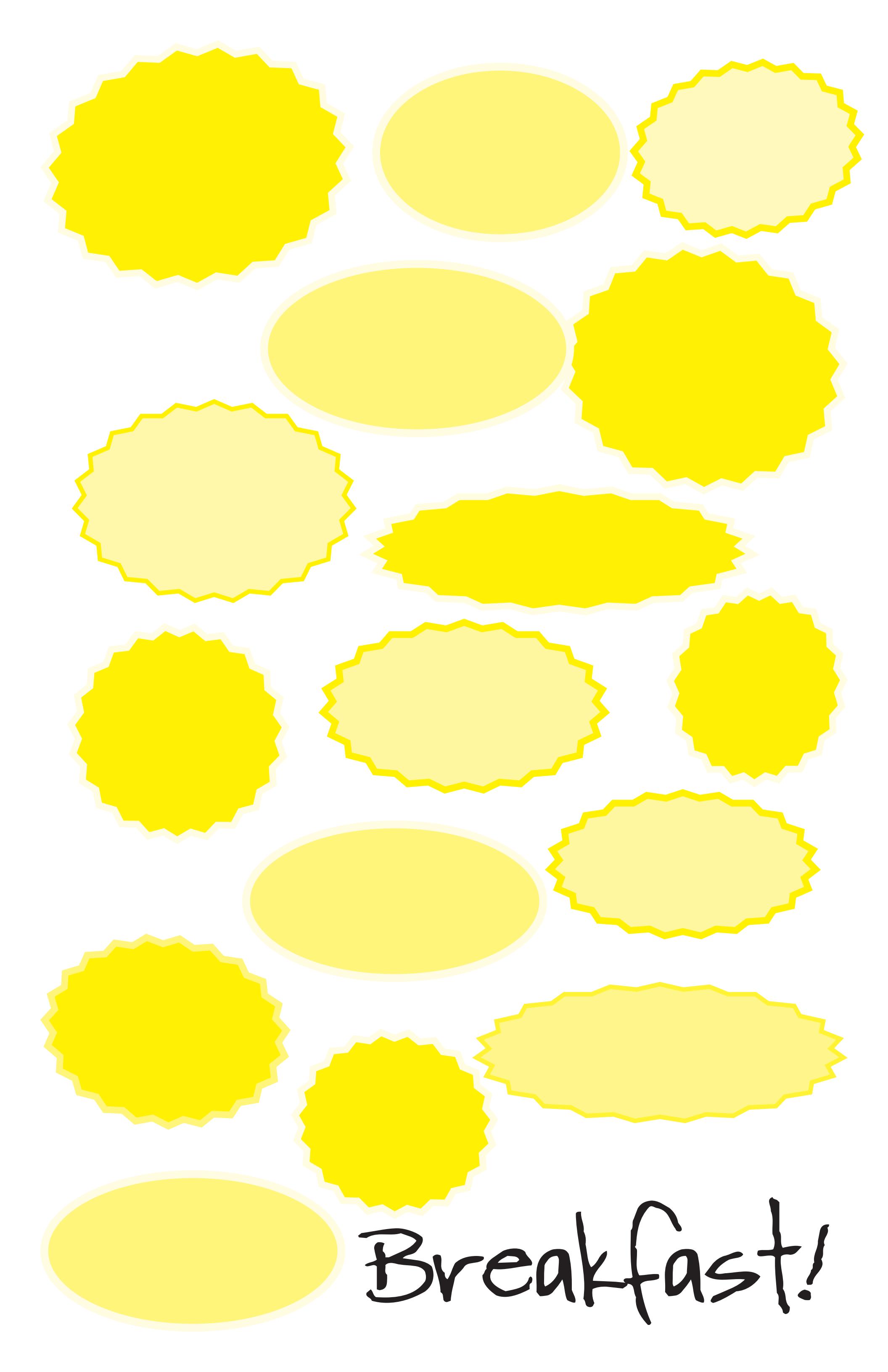
water

I get more steps each day by...



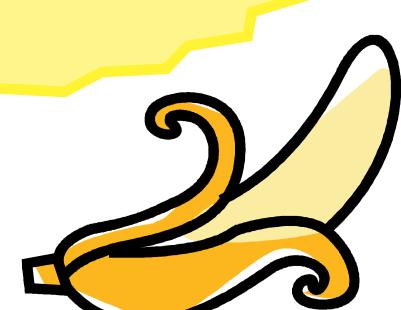
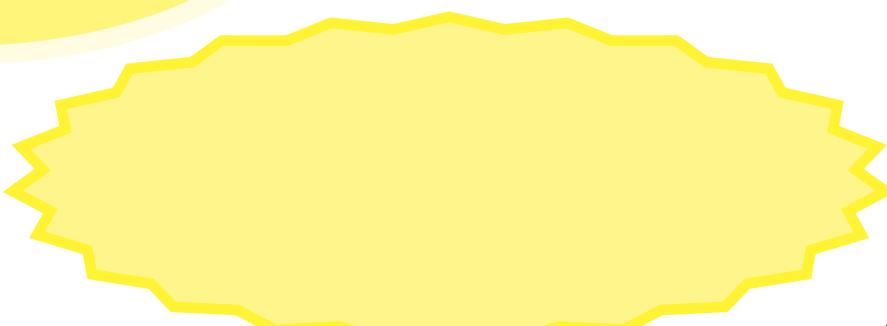
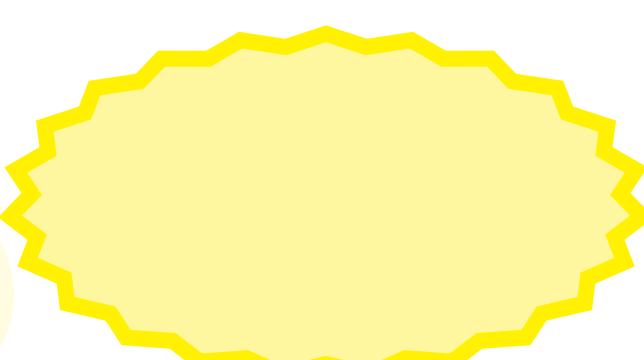
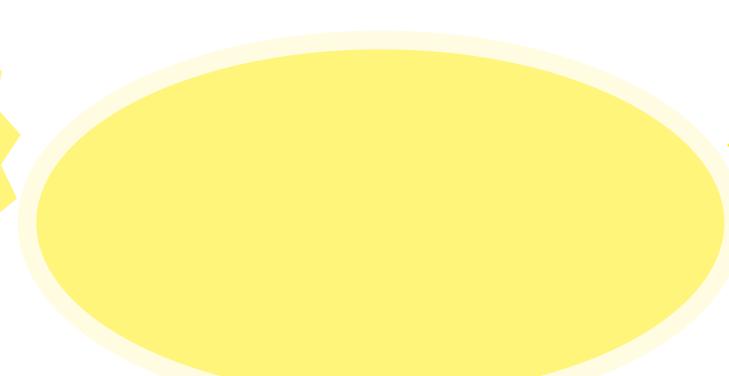
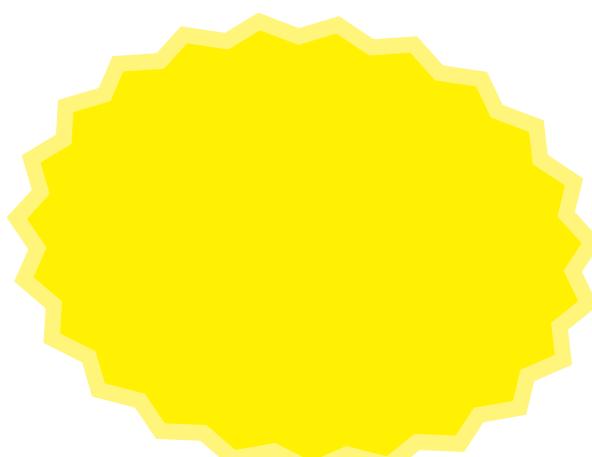
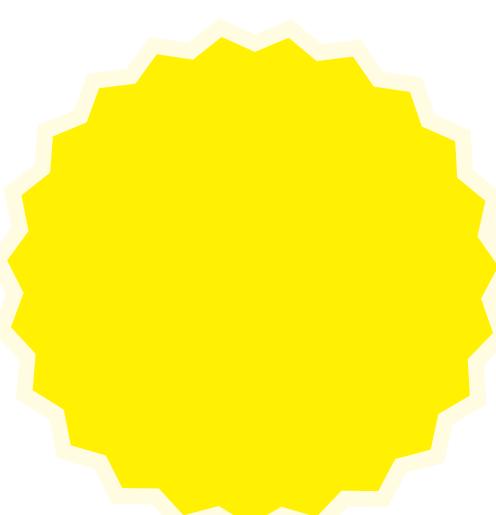
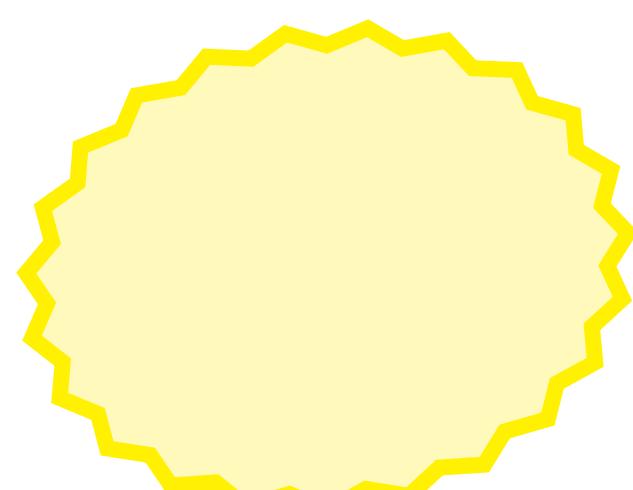
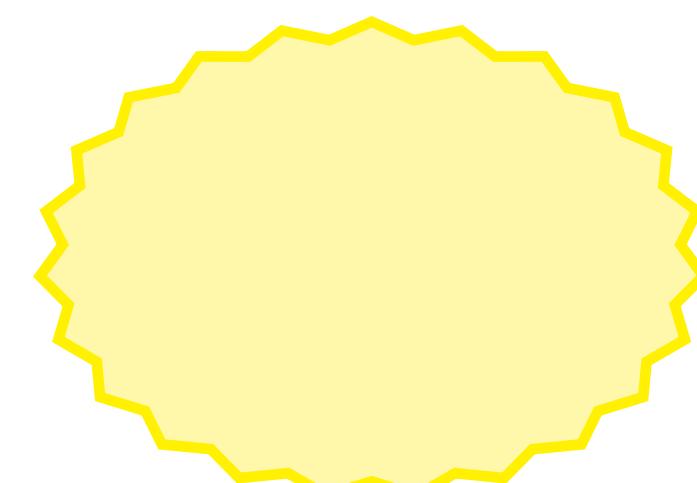
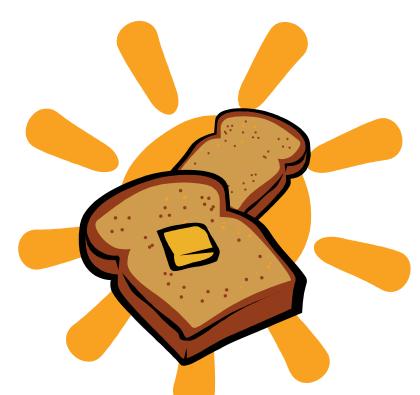
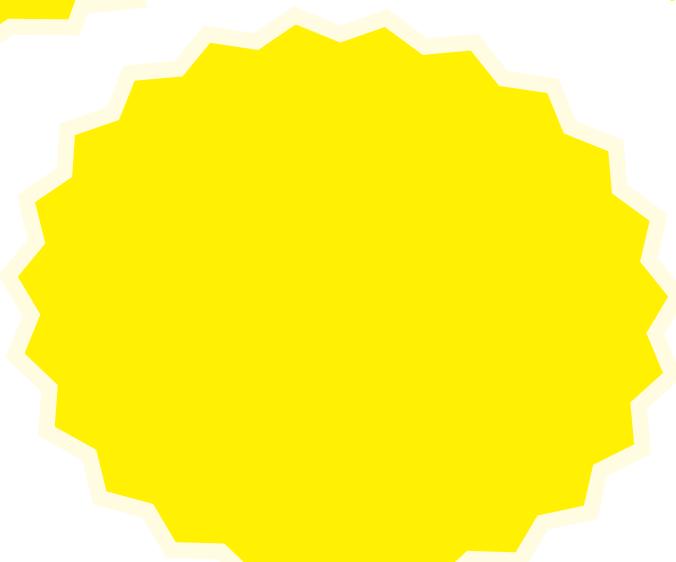
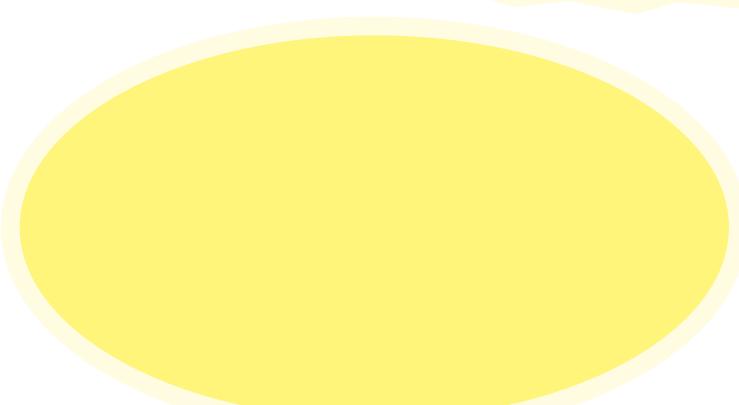
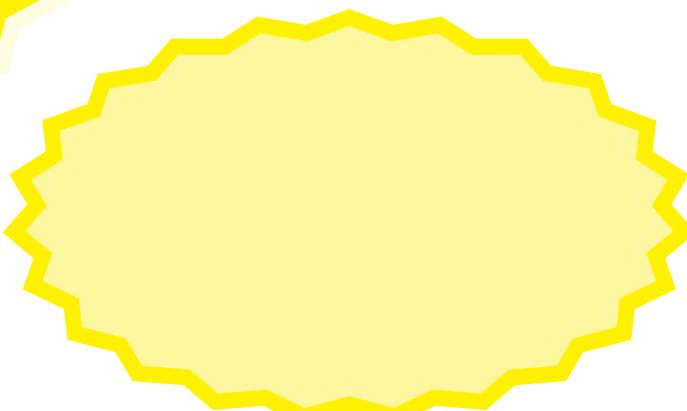
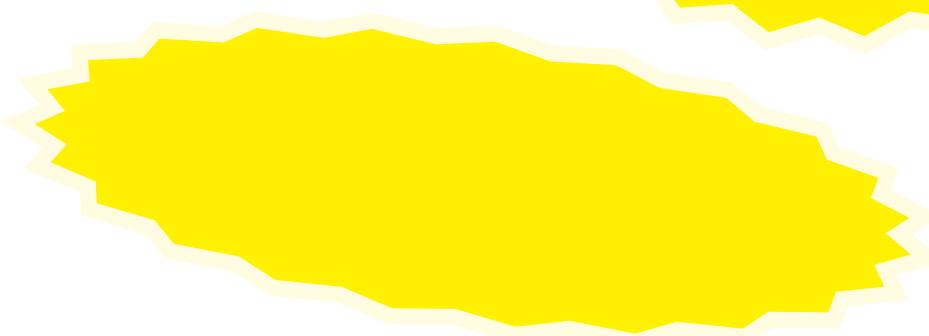
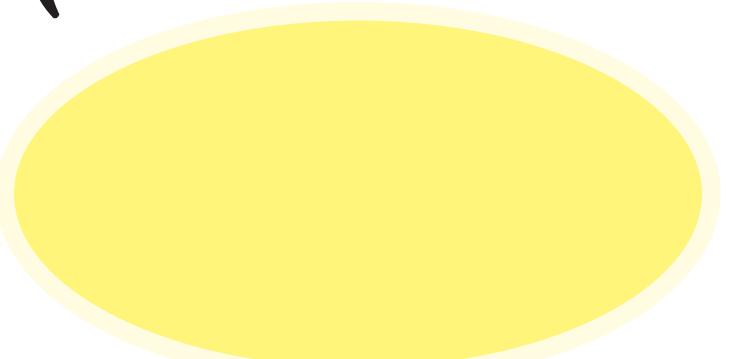
I get more steps each day by...





Breakfast!

What's for breakfast?



My heart and lungs are getting stronger by...



a



a



r



r



b



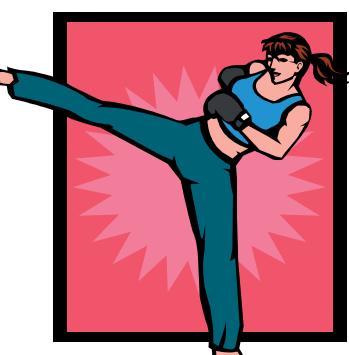
i



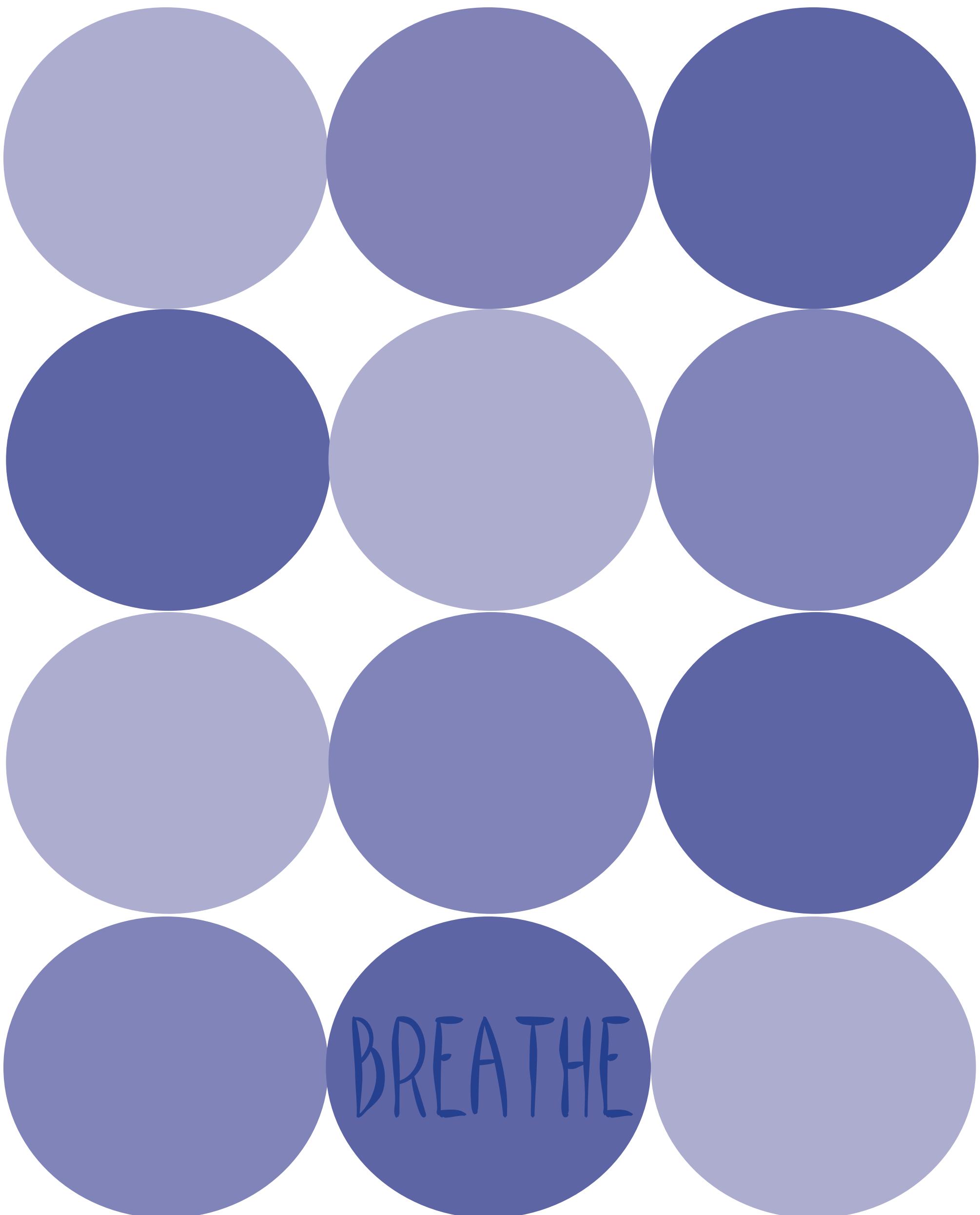
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c



stress less



Hunger/Fullness Scale

Eat when you are hungry, stop when you are full



0. Starving, dizzy, irritable
1. Very hungry, unable to concentrate
2. Hungry, ready to eat
3. The urge to eat is strong
4. A little hungry. You can wait to eat but you know you will be getting hungry soon.
5. Neutral, not hungry, not full. Comfortable.
6. You feel comfortable and satisfied.
7. Hunger is definitely gone. You may not feel hungry again for 3-4 hours.
8. Not uncomfortable, but definitely full.
9. Uncomfortably full, feel stuffed.
10. Very full, uncomfortable, maybe even painful.

Pay
attention to
portion sizes and
your body's signs
of hunger and
fullness



Eat
breakfast
every day



Choose
water instead of
sweetened
beverages like
soda

Choose
fruits and veggies
for snacks—
at least 5 fruits and
veggies a day



Focus
on your positive
traits



Be
active everyday—
aim for 1
hour each
day

Reduce
inactive
“screen time”
(ideally to an hour
or less a day)



Avoid
unhealthy
weight control
practices