



HEALTH RESOURCES

*Healthy living is good for you and the planet!
Kickstart healthy new habits!*

Exercise and Physical Activity ideas	https://www.choosemyplate.gov/physical-activity https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/Tipsheet2_BeAFitKid.pdf https://snaped.fns.usda.gov/snap/MPMF/Handouts/FamilyTimeActiveandFunHandouts.pdf
Go get a check up	https://www.cdc.gov/family/checkup/index.htm
Know my health	http://www.heart.org/HEARTORG/Conditions/More/Diabetes/PreventionTreatmentofDiabetes/Know-Your-Health-Numbers_UCM_313882_Article.jsp#.WNmtUW_yupo
Happiness Power Principles	https://www.psychologytoday.com/blog/happiness-purpose/201302/the-five-happiness-power-principles
Quit Smoking Programs	http://www.lung.org/stop-smoking/i-want-to-quit/
What counts as 1 cup (fruit & veggie)	https://snaped.fns.usda.gov/snap/MPMF/Handouts/VegetablesandFruits_SimpleSolutionsHandouts.pdf http://www.lung.org/stop-smoking/i-want-to-quit/ http://www.eatright.org/resource/health/weight-loss/your-health-and-your-weight/out-with-the-old-in-with-the-new
Avoid Refined Sugar	http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.WNGSTE0rJQJ http://www.eatright.org/resource/health/weight-loss/your-

[health-and-your-weight/out-with-the-old-in-with-the-new](#)

[http://www.eatingwell.com/nutrition health/nutrition news information/how to identify natural sugar and added sugar on nutrition labels](http://www.eatingwell.com/nutrition-health/nutrition-news-information/how-to-identify-natural-sugar-and-added-sugar-on-nutrition-labels)

<http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-panel>

<http://dhss.alaska.gov/dph/PlayEveryDay/pages/How-to-Find-the-Added-Sugars.aspx>

Non-toxic cleaning recipes

<http://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>