

Nutritional Update

Take charge of your health by eating better and being more physically active. Even small changes will help you look and feel your best!

Here are some sources to help you get started:

10 Tips to Healthy Eating and Physically Active for You –
www.ific.org/food/child.vtm!

International Food Information Council Foundation
www.ific.org

National Eating Disorders Association
www.nationaleatingdisorders.org

Overeaters Anonymous Headquarters
<http://overeatersanonymous.org>

President's Council on Physical Fitness and Sports
www.fitness.gov

Weight Watchers
www.weightwatchers.com