Live Healthier, Live Longer
Tips to fight obesity, increase activity and live a healthier lifestyle.

When eating out:
- Eat a light snack, fruit, or vegetables, before you go to take the edge off your hunger.
- Go light on alcohol and drink plenty of water with your meal.
- Start with a vegetable soup or fresh salad.
- Order an appetizer as an entrée.
- Ask for dressing, sauces, and toppings to be served on the side.
- Divide dessert between everyone at the table.

Eat fruits and vegetables:
- Eat fresh fruits and vegetables like a banana, crisp apple, and baby carrots.
- Use fruits for special desserts or toppings on cereal, pancakes, and waffles.
- Choose dried fruits like apricots, cherries, blueberries, and raisins.
- Try canned fruit packed in juice and canned vegetables.
- Drink 100% fruit or vegetable juices.

Get moving:
- Turn off the TV or move it to a less prominent location.
- Exercise as a family by taking walks, riding bikes, or playing a sport.
- Walk a little more each day.
- Become an advocate of sidewalks, trails, and pedestrian concerns.
- Get a total of 30 minutes of physical activity per day.
Resources


You’re Living Longer, Thanks to Public Health

Public health initiatives are the major factors behind the 30-year increase in the average American’s life span since 1900. Here’s how:

- Public health provides broad protection for things such as disease control and sanitation.
- It assures that everyone has clean air to breath and clean water to drink.
- Public health assures that the food supply is protected from disease and contamination.
- Public health helps people develop healthier lifestyles by offering programs and advice on nutrition, alcohol and drug problems, family services, and injury and violence prevention.
Public Health is Your Health Too

Support a strong public health system in Nebraska

Find out how Nebraska’s public health system is working to protect your health. Visit [www.publichealthne.org](http://www.publichealthne.org) to learn more about our state public health system.

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We’re here to protect and improve your health

Everyone living in Nebraska has access to a local health department. While services vary, most health departments provide education and resources about:

List of issues
- Pregnancy and child raising
- Exercise, nutrition, and obesity
- Asthma
- Immunizations
- Cardiovascular problems
- Cancer
- Smoking risks and how to quit
- Oral health
- Alcohol and drug problems
- Clean water and air, and food safety
- Home safety
- Disease outbreaks
- Diabetes
- Accident prevention
- HIV/Aids
- Industrial, agricultural and urban wastes
- Animal control

For more information and other resources on this topic, please contact your local public health department at:

(imprint area) <INSERT DEPARTMENT ADDRESS AND PHONE NUMBER>