



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## ABC's of Nutrition

### Always make smart food choices.

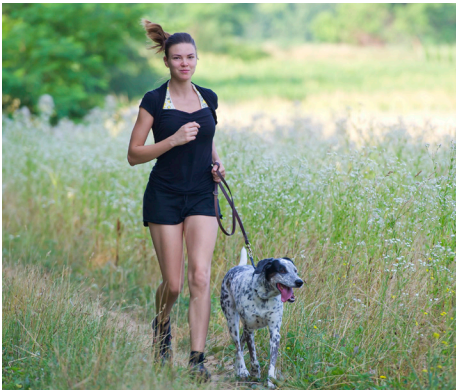
- Helps keep you mentally and physically fit.
- Helps to maintain a healthy body weight.
- Helps reduce risks of serious diseases like heart disease, high blood pressure, type 2 diabetes and some types of cancer.
- Helps kids to grow and develop and provides them with the energy they need to learn and play.

**Fiber** - Can have a positive impact on your overall health by helping to lower your cholesterol and reduce the risk of colon cancer. Excellent sources of fiber are beans, oats, corn, wheat bran, whole grain breads and cereals.

**Fruits & Vegetables** - Replace potato chips, french fries, doughnuts, candy and cookies with healthy substitutes like carrots, celery sticks, melons, apples, bananas and oranges. All are rich in vitamins and minerals and can help minimize weight gain.



### Be active every day.



You need at least 30 minutes of activity a day, at least 5 days a week, and kids need at least 60 minutes of physical activity every day.

#### Ways to Move:

Ride a bike  
Dance  
Walk the dog  
Skate  
Play catch

Play a sport  
Jump rope  
Take the stairs  
Clean the house  
Swim

### Continue to improve your quality of life.

A balanced lifestyle of eating right and staying active will elevate your mood and improve your quality of life. Make an attempt to eat right and lead a healthier lifestyle - it will show in your professional and personal life!

**For more information, contact your Loss Control Consultant at (888) 562-7861**

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7