

# KEEP ON TRACK

Simple Steps to a Healthier Lifestyle



One in four adult New Yorkers have high blood pressure. Untreated high blood pressure increases the risk of heart disease, stroke, problems with blood vessels, kidney and eye problems, and early death.

**You can help prevent and control high blood pressure by eating healthy and being physically active.** Healthy habits can also help you lose or maintain a healthy weight, manage stress, have more energy and set a good example for your children and grandchildren. This guide provides simple steps for creating healthy habits, including time- and money-saving tips.

Take it one day at a time—simple changes will be easier to maintain in the long run.

Even one small change can make a big difference.  
**Let's get started!**





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# HEALTHY EATING

FRUITS AND VEGETABLES



GRAINS

PROTEIN



**In today's world of fast food and huge portions,** it's not always easy to find balance. Most adults need around 2,000 calories or fewer, and no more than 2,300 mg of sodium, each day.

Eating more calories than you burn off from physical activity can lead to excess weight, which can lead to health problems like high blood pressure, heart disease, diabetes and some cancers.

Too much sodium (salt) in your diet increases your risk for high blood pressure. Everyone should limit the amount of sodium in their diet; it's especially important if you have high blood pressure. Most of the sodium in the average American's diet comes from packaged, processed and restaurant foods, not from the salt shaker. Compare labels when purchasing foods and cook with whole foods, such as whole grains, legumes and produce, to reduce the amount of sodium in your diet.

This section will help you manage calories and portion sizes. You can get additional guidance on how to prepare your plate from the "Building a Healthy Plate" worksheet included with this booklet.

## MEALS

### BUILD A HEALTHY PLATE

Start with the right-sized plate or bowl. Tip: Use the "Building a Healthy Plate" worksheet included with this book for more guidance.

An adult plate should be 9 inches across, and a child's plate should be 7 inches across.

- Fill  $\frac{1}{2}$  with fruits and vegetables.
- Fill  $\frac{1}{4}$  with a protein—lean meats (like grilled chicken breast and pork tenderloin), seafood (like skinless fish) or vegetarian options (like beans, eggs or tofu).
- Fill  $\frac{1}{4}$  with whole grains or starches.



## TRY SOMETHING NEW!

- Add chopped fruit to NYC tap water for a tasty alternative to a sugary drink. Kids can help pick out the fruits they would like to use to infuse their water.
- Freeze chopped fruit to replace sorbets and popsicles. You can also buy frozen fruit already cut into cubes.

## EAT MORE FRUITS AND VEGETABLES

Fruits and vegetables contain plenty of fiber, which helps you feel full on fewer calories. A healthy diet includes eating fruits and vegetables every day.

## WHAT TO CHOOSE

- A variety of colorful fruits and vegetables such as spinach, carrots, cauliflower, okra, sweet bell peppers, cucumbers, bean sprouts, zucchini, apples, melon, peaches, oranges or tomatoes. Avoid processed foods, especially those that contain a lot of sodium.
- Fresh, frozen and canned fruits and vegetables. Look for canned fruit in its own juice instead of syrup. Choose canned vegetables with low-sodium or no salt added. (See page 15 to learn more about Nutrition Facts labels and recommended sodium limits.)
- Whole fruit, such as papaya, peaches, guava, persimmons, watermelon, pears, pomegranates, lychees and mango, instead of juice. Whole fruit has more fiber and helps you feel full.



Start your own garden if possible. You can grow herbs and vegetables in a pot on your windowsill. This will also help you save money!





## HOW TO SAVE MONEY

- Fruits and vegetables taste better and are less expensive when in season. Check out your local farmers' market.
  - In NYC, many farmers' markets accept "SNAP" (also known as food stamps). Spend \$5 on fruits and vegetables using your EBT (electronic benefits transfer) card, and get a \$2 "Health Buck" coupon—good for buying fruits and vegetables at NYC farmers' markets. Health Bucks are available throughout the year.
- Buy fruits and vegetables whole instead of cut up.
- Look for store brands and sales when buying frozen or canned fruits and vegetables.
- Some fruits and vegetables, like leafy greens and berries, go bad quicker—use those first. Root vegetables like winter squash, daikon, lotus root, carrots and sweet potatoes keep longer.
- Consider becoming a member of a CSA. CSA stands for Community Supported Agriculture. CSAs allow residents to have direct access to high-quality, local produce by purchasing a "share" of vegetables from a regional farmer. Weekly or bi-weekly, from June until October or November, your farmer delivers a share of produce to a convenient drop-off location in your neighborhood. To learn more about CSA, visit [nyc.gov/health](http://nyc.gov/health) and search "CSA."

## HOW NEW YORKERS add more fruits and vegetables to their diets

- **Mina** — *For breakfast, I make omelets with fresh or frozen spinach.*
- **Akash** — *I buy fruits and veggies based on what is in season. They taste better and cost less!*
- **Jin** — *When I'm craving something sweet, I prepare oatmeal with berries or have a fruit salad.*

### TIPS

## FOR PARENTS, GRANDPARENTS AND CAREGIVERS:

Eat vegetables and your kids and grandkids will, too.

Patience works better than pressure. Praise children for eating healthy and trying new fruits and vegetables. Offer children fruits and vegetables many times and in different ways.



## Need help buying healthy food for you or your family? You may be eligible for financial assistance.

### New York State Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Visit [www.health.ny.gov](http://www.health.ny.gov) and search "WIC" or call 800-522-5006 (TTY access at 800-655-1789).

### New York City Human Resources Administration Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps

Visit [nyc.gov/hra](http://nyc.gov/hra) and search "How to apply for SNAP" or call the HRA Infoline at 718-557-1399.

## HOW NEW YORKERS add lean proteins to their salads

- **Sheila** — *I mix a can of chickpeas, fresh tomatoes and cucumbers, and then season with garlic, pepper, coriander, olive oil and a few drops of lemon. It's really quick and tasty!*
- **Raj** — *I like making fun salads for my grandson. His favorite is when I slice a boiled egg, peppers, nuts and spinach to make a happy face!*



## EAT LEAN PROTEINS

Foods rich in proteins (such as lean meat, poultry, fish or beans) provide nutrients and can help keep you full. Lean (low-fat) proteins are better for your heart and waistline. They have less saturated fat. Saturated fat raises your LDL (“bad”) cholesterol and increases your risk of heart disease.

## WHAT TO CHOOSE

- Plant-based proteins such as dry beans (like munggo and black or kidney beans), dry lentils, unsalted nuts and seeds, and soy products like tofu
- Canned beans: Look for low-sodium or no salt added and remember to rinse before using.
- Eggs
- Chicken and turkey breasts without the skin, or lean cuts of red meat
- Fish or shellfish

## HOW TO SAVE MONEY

- Choose more affordable proteins like beans, lentils, eggs and canned fish.
- Try dried beans. They are even cheaper than canned beans, and they taste delicious.
- Buy healthy cuts of meat in bulk when on sale. Freeze portions in sealed bags.

### TIPS

## FOR PARENTS, GRANDPARENTS AND CAREGIVERS:

Mix up the types of cereals, rice, roti, bread and whole grain pastas you buy each week for variety.

Allow children to serve themselves. Teach children to take small amounts at first. Tell them they can get more if they are still hungry.





## GO FOR WHOLE GRAINS

The dietary fiber in whole grains can make you feel full longer and can lower your risk of heart disease. Whole grains should have the word “whole” as part of the first ingredient on the ingredients list.

## WHAT TO CHOOSE

- 100% whole grain bread, with at least 2 grams of fiber per slice
- Brown basmati rice and whole wheat pasta
- Whole grain noodles, like soba and buckwheat noodles
- Bulgur, millet, quinoa or farro
- Whole wheat or corn tortillas, naan or roti
- Oatmeal: Choose unsweetened and flavor with fresh fruit. Add cinnamon or other spices for added flavor.
- Less common whole grains such as quinoa and barley: They make great alternatives to rice and pasta.
- Plain, lightly salted popcorn



## HOW TO SAVE MONEY

- Buy store brand whole grains.
- Buy whole grains in bulk. Keep them in the freezer for a longer shelf-life.



## EASY WAYS TO PORTION YOUR FOOD

**Handful = 1 to 2 ounces** (Nuts, chips or pretzels)

**Palm = 3 ounces** (Meat, fish or chicken)

**Thumb = 1 ounce** (Cheese or peanut butter)

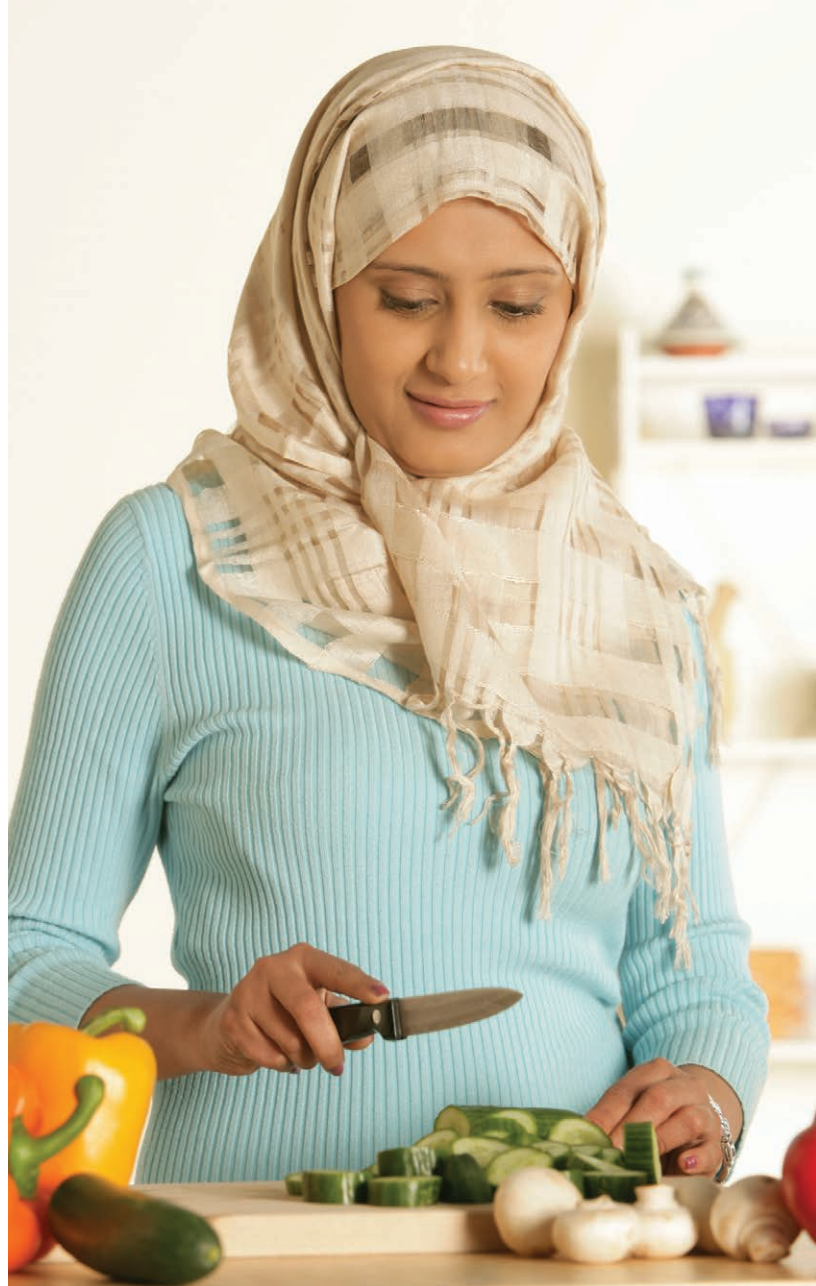
**A fist or cupped hand = 8 ounces** (Fruit, vegetables, beans, 2 slices of bread, cooked cereal, pasta or rice, milk, yogurt or cold cereal)

## PORTION SIZE TIPS

- Hand size varies, so compare your hand to a measuring cup.
- Aim to eat 3 cups of vegetables and 2 cups of fruit every day.
- Always check the Nutrition Facts label for suggested serving size.
- Start with small servings. You can always have more if you're still hungry.
- It takes about 20 minutes to know you're full. Pay attention to your body's cues.
- Use the "Building a Healthy Plate" worksheet included with this book for more guidance.
- Follow MyPlate guidelines to eat healthy every day. For more information, go to [choosemyplate.gov](http://choosemyplate.gov)









# DRINKS

## CHOOSE WATER AND OTHER HEALTHY DRINKS

Americans are consuming more calories now than ever before, and nearly half of these extra calories come from sugary drinks such as soda, sports drinks, juice, sweetened coffee and teas. Just one 20-ounce bottle of soda can contain 250 calories and more than 16 teaspoons of sugar. Drinking sugary drinks regularly can lead to weight gain, which can increase your blood pressure. They can also cause cavities in kids and adults.

## Tips for Healthier Drinks

<i>Instead of having...</i>	<i>Try...</i>
Lassi with full-fat yogurt	Using low-fat yogurt
Chai with whole milk	Using fat-free (skim) or low-fat (1%) milk
Soda	Sparkling water
Aloe drinks	Water flavored with fresh fruit
Bubble tea	Unsweetened green tea with ice





## WHAT TO CHOOSE

- New York City tap water: It's safe, tastes good and is essentially free. Add slices of lemons, limes, oranges, watermelon, cucumber or mint to tap water for a refreshing drink.
- Unsweetened tea or coffee: Drink plain or with fat-free or low-fat milk. Avoid adding sugar or reduce the amount you add gradually. You can add a slice of lemon or ginger to your tea.
- Seltzer (sparkling water): Drink plain or with a splash of 100% fruit juice.
- Plain, fat-free (skim) or low-fat (1%) milk—even when you are only adding it to your coffee or tea.

## HOW TO SAVE MONEY

- Use a reusable water bottle when you're on the go.
- Mix 100% fruit juice with seltzer or plain water. It will cut calories and make juice last longer.
- Avoid fancy coffee and drinks. They are expensive and have added sugar and calories.

## HOW NEW YORKERS make healthy drinks

- **James** — *To add flavor to my water, I use all kinds of berries and herbs, like basil or even rosemary.*
- **Harpreet** — *During the summer, I put mint, lime and watermelon cubes in my water. It's a very refreshing mix!*
- **Grace** — *I like to keep a pitcher of unsweetened tea in the fridge, which I brew myself, for whenever. Sometimes I add frozen mango or peach slices to keep it cold.*

### TIPS

### FOR PARENTS, GRANDPARENTS AND CAREGIVERS:

The only fluids that should ever be served in a bottle are breast milk, formula and water.

Serve water and plain, low-fat or skim milk to children. Avoid milk with artificial flavorings, such as chocolate or strawberry.

Children between 1 and 2 years old should only drink whole milk.

If serving juice, look for 100% fruit juice in 4-ounce juice boxes. Avoid fruit-flavored drinks, which often have added sugar and few nutrients.



# SNACKS

## PACK DELICIOUS SNACKS

Snacking on fresh fruits and vegetables, instead of processed foods, is a healthier choice. Make sure you are really hungry and not just thirsty, bored or anxious. Choose snacks from more than one food group for variety and satisfaction.

## WHAT TO CHOOSE

- Fresh vegetables with dip—such as hummus or low-fat yogurt dip
- Whole fruit and low-fat, plain yogurt and buttermilk
- Apple or banana slices and a spoonful of peanut butter or other nut butter
- Whole grain crackers and a hard-boiled egg or low-fat string cheese
- A small handful of dried fruits and unsalted nuts
- Plain, lightly salted popcorn and a piece of fruit

## WHAT NEW YORKERS are packing for their snacks

- **Lovely** — *For a delicious snack, I sauté spinach or kale with garlic, pepper and olive oil.*
- **Amrit** — *I blend soymilk or low-fat milk and a frozen banana for a filling snack.*
- **Susan** — *To make a tasty dip, I pack a small cup of hummus and snap peas or carrots.*

## HOW TO SAVE MONEY

- Chop your own fruits and vegetables instead of buying pre-cut produce.
- Buy in bulk and portion snacks out for the week.
- Pack snacks at home and take them with you on the go.







**TIPS**

**FOR PARENTS,  
GRANDPARENTS  
AND CAREGIVERS:**

Schedule meals and snack time so that children come to the table hungry.

Make snacks fun. Let children help prepare simple snacks like low-fat fruit shakes, frozen yogurt pops and vegetable gimbab with brown rice.



# SHOP SMART

Supermarket shelves with hundreds of competing products can make you feel overwhelmed. Use the tips below to help buy the healthiest foods for you and your family.

## WHAT TO CHOOSE

- The produce, dairy and egg, and meat sections normally have the freshest products.
- Think beyond the supermarket. You can find good prices on fresh fruits and vegetables and other healthy foods at farmers' markets, green carts and participating Shop Healthy grocery stores and corner stores. Look for fresh produce at your local corner store or market.
- Check the ingredient list on all packaged foods. Choose products with ingredient lists that:
  - Are easy to understand
  - Sound like food
  - Do not have a lot of sugar (such as corn syrup, dextrose, molasses, honey and fruit-juice concentrate)
  - Do not include partially-hydrogenated oils, which are trans fats

### TIPS

#### FOR PARENTS, GRANDPARENTS AND CAREGIVERS:

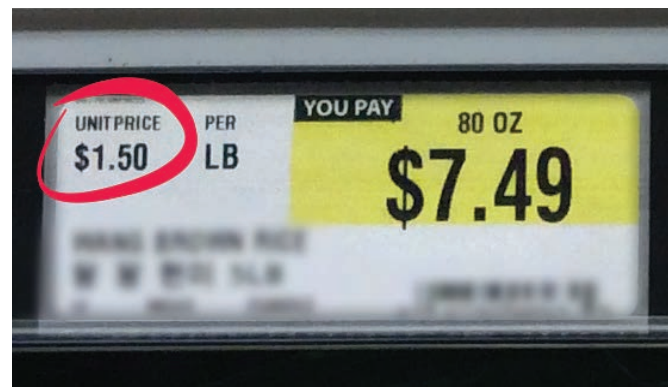
Use your time at the store to teach children about healthy food options. Read food labels together and compare foods.

Let your kids or grandkids be "produce pickers." Have them help pick out fruits and vegetables at the store or farmers' market.

- Check the Nutrition Facts label. Pay attention to the serving size and the number of servings in a package. Then compare calories, fiber and sodium.

## HOW TO SAVE MONEY

- Stick to a plan. Make a shopping list before you go, and avoid shopping while hungry.
- Look out for the best deal. Buying fruits and vegetables when they are in season will help you save. Check weekly grocery store ads or circulars for sales and coupons for healthy options.
- Make the most of what you buy. Pick ingredients you can use in multiple recipes and use as many parts of each vegetable as you can.
  - Make a lentil salad for lunch. Add the leftover lentils to a soup.
  - Sauté shrimp and shredded cabbage; serve with brown rice for dinner. After cooling, use the leftover cooked shrimp and raw cabbage for an Asian coleslaw for next day's lunch.
- To find the best value when products are in different-sized containers, compare unit price. The food with the lower unit price is the better value. You can find this in the price tag on the shelf.











# CHOOSE LESS SODIUM

## CUT DOWN ON SALT

Too much sodium (salt) can increase blood pressure and your risk of heart attack and stroke. Read the nutrition label and try to limit your sodium to no more than 2,300 mg—about one teaspoon of salt—per day.

Much of the salt from the average American diet comes from packaged and restaurant food. Examples of foods that contain a lot of salt are:

- Sauces and seasonings, such as seasoning mixes (chaat masala), soy sauce, fish sauce, salty dried fish and salted shrimp paste
- Canned foods such as soups, vegetables and beans
- Frozen convenience foods such as egg rolls, dumplings and samosas
- Packaged snacks such as fried snack mixes, salty chips and crispy fried snacks

Food	Serving unit	Sodium range	Sodium brand 1	Sodium brand 2	Sodium brand 3
Frozen samosas	2 pieces (~50g)	60-480 mg	60 mg	340 mg	480 mg
Mixed pickles	20g (~1 tbsp)	373-1133 mg	1133 mg	700 mg	373 mg
Soy sauce	15ml (~1 tbsp)	575 -1120 mg	575 mg	920 mg	1120 mg
Frozen dumplings	100g	300-510 mg	510 mg	445 mg	300 mg





- Processed and canned meat or fish, such as corned beef, Spanish mackerel, sausages, fish cakes, Spam, hot dogs, sausages and bacon

There are many sources of salt in Asian foods. Sauces, spice mixes or pickles that can be used during cooking or added to your meal at the table may contain a lot of salt.

- One tablespoon of soy sauce contains about 900 mg of sodium—more than one-third of the daily recommended limit for most people.
- Preserved foods such as kimchi or pickles also have a lot of salt. 100 grams (6-7 tablespoons) of kimchi has 670 mg of sodium.

More Asian grocery stores are now carrying products with Nutrition Facts labels. Labels make it easier to choose foods, sauces and seasonings that are lower in salt. Salt is referred to as sodium on the Nutrition Facts label. Sodium can vary a lot even between similar foods. Use the Nutrition Facts labels to compare sodium content and choose foods with less sodium.

Foods high in salt don't always taste salty. Many foods and condiments pack a lot more salt than you think. Always read the Nutrition Facts label to choose products with less salt. Remember to check the number of servings per container as well (the amount of sodium in the label may only be for 1 portion, when a can actually contains 3 portions).

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>2 8 fl oz (2g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
% Daily Values*	
<b>Total Fat</b>	<b>3%</b>
<b>Cholesterol</b>	<b>3%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>8%</b>
<b>Dietary Fiber</b>	<b>4%</b>
<b>Added Sugars</b>	<b>4%</b>
<b>Protein 2g</b>	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# COOK NUTRITIOUS MEALS

Home-cooked meals are usually more nutritious and less expensive than meals eaten out. Cooking at home lets you use fresher ingredients and less salt, saves you money, and lets you control your portions. Use these tips to make cooking healthy, easy and affordable.

- Plan meals for the week using the "Building a Healthy Plate" worksheet.
  - ▣ Save more complex meals for days you know you'll have more time to prep and cook.
  - ▣ Cook extra and use the leftovers on a night when you have less time. Freeze or refrigerate leftovers right away.
- Use whole foods (fresh fruit and vegetables, lean proteins and whole grains) as much as possible.
  - ▣ Chop vegetables ahead of time, when possible. Save some for quick snacks.

- ▣ Add vegetables to soups, stews and sauces.
  - ▣ Skip pre-made sauces and make your own: Low-sodium canned tomatoes + onions + fresh vegetables of your choice = a delicious garden-inspired sauce or base for your meal.
  - ▣ Add fruit to salads, hot or cold cereal, or yogurt (use plain, low-fat yogurt).
  - ▣ Start your day with porridge or oatmeal (with no sugar), instead of sugary cereal. Try adding cinnamon and whole fruit for sweetness.
  - ▣ When baking, substitute all or some of the white flour for whole-wheat flour.
- Seasonings like adobo, chaat masala, garlic salt and lemon pepper often have salt. For added flavor without salt, use oregano, basil, celery seed, curry powder, cumin, cayenne







pepper, scallions, onions or fresh herbs, such as mint and coriander.

- Baking, broiling, grilling, poaching, stir-frying and steaming are healthy ways to cook.
- Use recipes that you can cook in one pot to save time on preparation and dishes.
- Look for simple recipes: Visit a cooking demonstration and nutrition workshop at participating farmers' markets from July to November.
- Cook with friends or family. Make it a tradition and take turns cooking for one another.
- Turn off the TV during mealtime to avoid overeating.
- Remove serving bowls or platters (except vegetables) from the table after everyone has had the first helping.

### TIPS

#### **FOR PARENTS, GRANDPARENTS AND CAREGIVERS:**

Make mealtime family time. Cook and eat with your children and grandchildren.

Create a fun and relaxed mealtime environment. Put away cell phones or tablets and sit together as a family.

Let children help prepare the meal. Allow them to serve themselves, teaching them how to build a healthy plate.

# EAT RIGHT WHEN EATING OUT

Food servings are bigger today. Some restaurant entrees or fast-food meals have more than 1,500 calories—almost as many calories as you should have for the whole day. And almost 80% of the salt we consume comes from packaged food and restaurants, not from the salt shaker.

Follow these tips when you eat out:

- When available, check calories on menu boards and ask for nutrition information.
  - To see the nutritional content of food sold at the nation's largest restaurant chains, visit [menustat.org](http://menustat.org).
- Ask for low-sodium dressings, sauces or other toppings. Request to have them on the side so that you can control how much you add.
- Ask for your food to be prepared with no salt added.
- Pick healthier sides like salads or steamed vegetables. Limit portions of preserved and pickled vegetables (like kimchi), which may be higher in salt.
- Share your meal with a friend, or take half home for later.
- Look for items on the menu that are steamed, grilled or broiled instead of fried or sautéed.
- Avoid foods that are deep-fried, or cooked in butter, clarified butter and creamy sauces.



## TIPS

### FOR A HEALTHY WEIGHT:

Eat breakfast, lunch and dinner. Skipping meals will make you hungrier and less likely to choose healthy options the next time you eat.

Eat slowly to avoid overeating. It takes about 20 minutes for your stomach to tell your brain that you are full.

Drink water with every meal. It fills you up.

Have a broth-based soup or green salad at the start of a meal.

Choose high-fiber foods like fruits, vegetables, beans and whole grains to feel full for longer and on fewer calories.





# ACTIVE LIVING





**Regular physical activity** can help you:

- Control your blood pressure
- Prevent many chronic diseases
- Maintain a healthy weight
- Improve your mood
- Strengthen and protect bones, muscles and joints
- Sleep better
- Adults should get at least 30 minutes of physical activity, five days a week. Youth need at least 60 minutes every day.

**You don't have to go to the gym to be active.**

## EVERYDAY ACTIVITIES

- Walking, cleaning, pushing a stroller, gardening, taking the stairs



### **TIPS**

#### **FOR PARENTS, GRANDPARENTS AND CAREGIVERS:**

Involve kids in chores around the house, such as vacuuming, sweeping and making beds.

When celebrating as a family, do something active such as a trip to the park or zoo.

Turn off the TV, and put cell phones or tablets away. Instead, dance to music, go for a walk or play an active game.

# SPORTS AND EXERCISE

- Brisk walking, running, swimming, biking, playing cricket, lifting weights, dancing, golf, playing basketball, taking an aerobics or Zumba class

Talk to your doctor to find out which activities are safe for you.



## HOW NEW YORKERS stay active

- **Jalal** — *I like to dance to music with my granddaughters. And every Sunday we take a walk in the park.*
- **Tae** — *My wife and I like to take long walks on the path along the water right before the sunset. During the weekends, sometimes we walk all the way to the farmers' market!*







**Join a walking group in your neighborhood or find free and low-cost fitness ideas at [BeFitNYC.org](https://www.befitnyc.org).**

Shape Up NYC offers free fitness classes every week in many locations. To find a Shape Up class in your neighborhood, visit [nycgovparks.org](https://www.nycgovparks.org) and search "Shape Up NYC."



# SET GOALS

- Set a goal you can meet and write it down. When you meet a goal, reward yourself.
- You are more likely to stick to your goals if you choose activities you enjoy. Exercise with a friend for emotional and physical support.
- Vary your exercises to benefit your body in different ways and avoid getting bored.
  - ▣ Aerobic activities (like brisk walking, running)
  - ▣ Muscle-strengthening activities (like pushups, lifting weights, resistance training)
  - ▣ Bone-strengthening activities (like jumping)
  - ▣ Balance and stretching activities (like yoga, stretching, martial arts)

**Remember that any amount of exercise is better than none.**





# BUILD ACTIVITY INTO YOUR DAY

- Find yourself a walking buddy. The fresh air, exercise and time to have conversation can be a great stress-reliever.
- Spread multiple 10-minute workouts throughout your day.
- Take advantage of free or low-cost fitness classes online or in your neighborhood.
- Buy your own weights, fitness bands or yoga mat to use at home.
- Take a walk as a family after a meal. You can count how many steps you walked together with a pedometer or cell phone application.

## INTERESTED IN BIKING?

Visit [nyc.gov/dot](http://nyc.gov/dot) and search "Bicyclists" and "Bike maps."



# MAKE NYC YOUR GYM

- Enjoy New York City's walkable landmarks and thousands of miles of sidewalks, walkways and green spaces.
- More than a million New Yorkers bike to school, to work or for fun. Biking is a convenient and cheap way to get around the city. Remember to wear a helmet!

## Get a Day's Workout a Little at a Time

Get off the subway a stop early	10 min.
Walk briskly after lunch	20 min.
Bike to the farmers' market	15 min.
Chase the kids around the playground	15 min.
<b>Adds up to a 60 min. workout!</b>	
Walk briskly to run errands	20 min.
Take the stairs instead of the elevator	5 min.
Park your car a few blocks from work	5 min.
<b>Adds up to a 30 min. workout!</b>	

# RESOURCES

- **New York City Department of Health and Mental Hygiene**

- Visit [nyc.gov](http://nyc.gov) and search:

“Eating well” for more information on healthy eating.

“High blood pressure” for more information on ways to control your blood pressure.

“Health Equity” to learn more about the Center for Health Equity.

“Physical activity” for more information on active living.

“Shop Healthy” for more information on where the Shop Healthy program operates.

- Text SoGood to 877-877 or visit [nyc.gov](http://nyc.gov) and search “farmers’ markets” to find a farmers’ market near you.

- Learn or share health tips on social media.

Facebook: [facebook.com/EatingHealthyNYC](https://facebook.com/EatingHealthyNYC)

Twitter: @nychealthy

Instagram: [nychealthy](https://instagram.com/nychealthy)

- **U.S. Department of Health and Human Services, Dietary guidelines**

Visit [health.gov/dietaryguidelines](http://health.gov/dietaryguidelines)

- **Centers for Disease Control and Prevention, Tips and tools to maintain a healthy weight**

Visit [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)

- **American Heart Association**

Visit [www.heart.org](http://www.heart.org)



- **Choose My Plate**

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) and search “Healthy Eating on a Budget” or “SuperTracker”

- **Million Hearts**

Visit [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)

- **NYU Center for the Study of Asian American Health**

- Visit [www.med.nyu.edu/asian-health](http://www.med.nyu.edu/asian-health)
- Racial and Ethnic Approaches to Community Health for Asian Americans (REACH FAR) Program: [www.med.nyu.edu/asian-health/research/reachfar](http://www.med.nyu.edu/asian-health/research/reachfar)
- DREAM: Diabetes Research, Education, and Action for Minorities: [www.med.nyu.edu/asian-health/research/dream-diabetes-research-education-and-action-minorities](http://www.med.nyu.edu/asian-health/research/dream-diabetes-research-education-and-action-minorities)

- **Kalusugan Coalition**

Visit [www.kcforhealth.org](http://www.kcforhealth.org)

- **The Korean Community Services of Metropolitan New York, Inc.**

Visit [www.kcsny.org](http://www.kcsny.org)

- **The Partnership for a Healthier New York City**

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