



IEHA: GOES EXTREME

2010-2011

IEHA is kicking off our new program **IEHA: Goes Extreme** for a healthy Indiana. We are asking our members and neighbors to help us find a healthier way of living. We have had nutrition lessons at our Spring District Meetings and will have our exercise lessons at the Fall District Meetings. Please read the materials in your packet for details on the program.

A good way to start a healthier life style is by eating more fruits and vegetables. Indiana has many local Farmers Markets and U-Pick locations. These may be found at www.indianafarmdirect.com or www.in.gov/isda/files/09AgDirectoryrevised.pdf. You will find locations in your county to buy local fruits and vegetables. Remember the USDA recommends two (2) cups of fruits and 2 ½ cups of vegetables each day along with 8- (8oz.) glasses of water daily. You need at least 30 minutes of exercise each day.

Setting goals is an important part of the process. Write down your goals. Keep it somewhere where you can see it each day to remind you of your commitment to better health. Record your goals daily and at the end of the week, see your progress. Remember goals can be adjusted after you start. Maybe there were too easy or too high and you need to readjust. Just because you didn't reach your goals a day or two doesn't mean you have fallen off the track. Just jump back on track to a healthier you.

Use the attached log sheets to help you in your quest. Turn them into your IEHA: Goes Extreme county chair when you have a sheet completed. You will receive an Extreme pin and be placed in a drawing for an iPod at Home and Family Conference.

Good luck with your adventure to a healthier life style.