

### Move 1 hour & limit screen time every day!



Healthy eating and moving more can help lower the risk of developing chronic diseases such as heart disease, high blood pressure, type-2 diabetes and respiratory conditions. By following the MyPlate recommendations and getting at least **60 minutes of physical activity every day**, you are more likely to have more energy throughout your day!

### Harvest of the Month: Apples



#### Benefits:

- A small **apple** counts as 1 cup of fruit
- **Apples** are high in fiber and vitamin C
- **Apples** help with digestion
- **Apples** help your immune system

#### Buying Tips:

1. **Apples** come in all shades of red, green and yellow
2. Choose firm, shiny, smooth-skinned **apples** with intact stems
3. Refrigerate **apples** in a plastic bag; use within 3 weeks

#### Power Up for 30!

**Power Up for 30** is a statewide initiative of strategies to create an **additional 30 minutes** of physical activity – outside of PE. **Every youth and child, every day!**

Create your own posts or use HealthMPowers messaging and images to promote **Power Up for 30!**

#### Family Activity!

Work together to **move one hour** and **limit screen time** every day!

Go biking together or walk around the neighborhood.

#### Share your family activities on social media!



@HealthMPowers



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Sign up for our weekly Wellness Text Messages!

Elementary: Text EAT to 833-369-3547  
Secondary: Text MOVE to 833-369-3547