

Cut the fat, keep the flavor

- Grill, bake, broil, roast, or steam instead of deep-frying.
- Dip fish or chicken in breadcrumbs before baking to get a crunchy texture.
- Use nonstick cooking spray for less fat and fewer calories.

For more healthy tips, visit LegacyOfHealth.net

A photograph of a healthy meal. In the foreground, a light green plate holds several pieces of baked salmon, seasoned with herbs, alongside a mix of green beans, sliced carrots, and small potato wedges. In the background, a white bowl is filled with a fresh green salad, including lettuce, tomatoes, and other vegetables. The scene is brightly lit, suggesting a clean and healthy kitchen environment.

**FLIP THIS CARD OVER AND TRY
A NEW DELICIOUS RECIPE.**

Oven fried chicken with summer squash

Makes 6 servings. Prep time: 10 mins. Cook time: 45 mins.

Calories: 185

Fat: 4 g

Sodium: 105 mg

Added Sugar: 0 g
per serving

INGREDIENTS

- 1 cup finely crushed cornflakes
- ½ teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup evaporated skim milk
- 1 pound chicken breasts, skin removed and cut into 6 pieces
- nonstick cooking spray
- ½ tablespoon vegetable oil
- 1 clove garlic, finely chopped
- 2 med. zucchinis, cut into short strips
- 3 med. yellow squash, cut into short strips
- 1 teaspoon dried oregano

PREPARATION

1. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground pepper, onion and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick spray and arrange chicken on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken with 1 cup of zucchini and squash mixture.

Nutrition information per serving: Calories 185, Carbohydrate 17 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 105 mg



Use herbs and spices to keep foods flavorful

Herbs and spices are a great way to add flavor.

- Remember, adults shouldn't have more than 1500 mg of salt per day (just half of a teaspoon is about 1200 mg).
- Pick seasoning mixes without added salt.



TIP: Be sure to use seasonings like garlic powder, **not** garlic salt. Use onion powder, **not** onion salt.

For more healthy tips, visit [LegacyOfHealth.net](https://www.LegacyOfHealth.net)



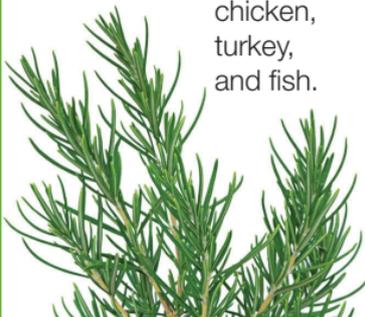
USE THE HERB GUIDE ON
THE BACK WHEN SHOPPING.

Herb and spice guide

THYME – often used in Caribbean cooking; flavorful, but not too powerful. Great with chicken, rice, and beans.



ROSEMARY – great with chicken, turkey, and fish.



CAYENNE PEPPER AND COARSE BLACK PEPPER – adds spice and flavor to vegetables, chicken, and other food.



CAYENNE PEPPER AND COARSE BLACK PEPPER – adds spice and flavor to vegetables, chicken, and other food.



LEMON ZEST – adds flavor to fish and chicken.

PAPRIKA – great in rice, stews, and soups.



GARLIC – great with fish, chicken, and turkey.

Healthy snack ideas—ready to go

- Pack healthy snacks to eat on-the-go, instead of unhealthy food.
- For a sweet snack, pack fresh or dried fruit.

Visit LegacyOfHealth.net for more tips and information.



**SEE HEALTHY SNACK IDEAS
ON THE BACK SIDE.**

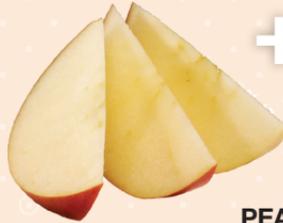
More healthy snack ideas—ready to go

HARD-BOILED EGG



FRUIT (OR TOAST)

APPLE SLICES



PEANUT BUTTER

STRING CHEESE



5-6 CRACKERS

COTTAGE CHEESE



FRUIT



Less screen time and more physical activity

- Limit TV, computers, smart phones, and video screens to two hours or less each day.
- For background noise, turn on the radio instead of the TV.
- Turn the TV off during meal time.
- Be active during commercials.



**NEED SOME ACTIVITY IDEAS?
SEE THE BACK SIDE AND VISIT
LEGACYOFHEALTH.NET.**

Make family time active time

- Take family walks, walk to school or work.
- Play with your kids – jump rope, go for a bike ride, play tag, hide-and-go-seek, basketball, or kickball.
- Dance to your favorite music.



Tips for dining out



- Skip the extras like sour cream, cheese, mayo, and salad dressing.
- Order salad, fresh fruit, or steamed vegetables instead of fries.

TIP: For kids' meals ask for a fruit or vegetable side and lowfat milk.

Visit LegacyOfHealth.net for more tips and information.



**GET HEALTHIER WITH MORE
TIPS ON THE OTHER SIDE.**

More tips for dining out

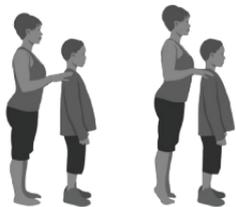
- Ask the cook to hold the salt when possible.
- Taste food before salting it or adding sauces.
 - Order smaller portions. Eat half of your meal and save the rest for later.
 - Slow down and enjoy your food.
 - Stop eating when you feel full.
 - Choose water instead of sugary drinks.



CALF LIFTS WITH PARTNER

LOWER BODY

BEG 10 INT 15 ADV 20



- Stand with feet shoulder-width apart (use a partner or wall for support).
- Lift heels off the ground and hold at the top for 1-2 seconds.
- Slowly lower down to starting position.
- Repetitions should be based on comfort level.

CALYPSO HIP

FULL BODY

BEG 6 INT 10 ADV 15



- Stand with feet shoulder-width apart.
- Put arms out to front so they are even with floor.
- Step right foot to front with a slight twist of hips to the right.
- Make sure right heel is up and toes point to left.
- As the right elbow comes in, the right hip goes up like closing a door.
- Return to starting position and switch feet.
- Repetitions should be based on comfort level.

TRICEPS PUSH BACK

UPPER BODY

BEG 8 INT 12 ADV 16



- Stand tall and hold hand weights at waist level.
 - Point elbows back at an angle.
 - Straighten arms behind you with palms facing each other.
 - Keep stomach tight and head, neck, and back all in a straight line.
 - Return to starting position.
 - Repetitions should be based on comfort level.
- TIP: Do not hold your breath during the exercise.
- OPTION: Use water bottles or soup cans as weights.

Be active every day

- Exercise with friends and family. It will help you keep with your program.
- Walk or ride your bike to work or school.
- Take the stairs instead of the elevator or escalator.
- Start with 10 minutes of walking, jogging, or stair climbing.
- Walk during breaks or at lunchtime.
- Add goals and celebrate when you reach them!

For more physical activity tips visit LegacyOfHealth.net

LOOK INSIDE FOR A FEW FUN AND EASY EXERCISES.



Worried about your hair while being active?

- Work with your stylist to find a hairstyle that looks great and can handle any workout.
- Try low-sweat physical activity routines.
- Break up your physical activity into two or three times during the day.
- Leave straight or other hairstyles that take more “style-time” for the weekend or special events.

Use the following two pages to kick start your exercise program.

- Pick your ability level – beginner (BEG), intermediate (INT), or advanced (ADV).

BEG **4** INT **6** ADV **8**

- The numbers in the yellow circles are the suggested repetitions for each level.
- A “repetition” is to do a movement from the start position to the end position.



EGYPTIAN SQUAT

FULL BODY

BEG **4** INT **6** ADV **8**



- Stand with feet together and hands at your sides.
- Put palms together over head and step to the left into a wide squat.
- Step back to starting position.
- Switch legs and repeat.
- Repetitions should be based on comfort level.

NOTE: Do not allow knees to go forward over toes during the squat.

Do several repetitions to keep muscles on all sides of your body in balance.

HIP HOP KNEES

FULL BODY

BEG **6** INT **10** ADV **14**



- Start with feet shoulder-width apart.
- Bring left knee up and across the body.
- Tap both hands on left knee as it pops up. Lower left leg.
- Bring right knee up and across the body.
- Tap both hands on right knee as it pops up. Lower right leg.
- Bring left knee up and across body **two** times in a row.
- Tap both hands on left knee **both** times.
- This sequence is one repetition.
- Repetitions should be based on comfort level.

PARTY TIME

FULL BODY

BEG **6** INT **8** ADV **12**



- Stand with feet wider than shoulder-width apart. Keep legs slightly bent at all times.
- Raise hands above head.
- Shift arms to the right, then to the left.
- Lower arms so that hands are at knees.
- Shift arms to the right, then to the left.
- Every four arm movements is one repetition.
- Repetitions should be based on comfort level.