The 5 Color Rule: Eat the Rainbow!

Harness the Power of Red!
- Protects against cancer, improves heart health, and anti-inflammatory
- Pomegranates, cherries, tomatoes, peppers, etc.

Yay for Yellow and Orange!
- Improves eye health, immune function, healthy growth and development and are a great source of fiber!
- Peaches, carrots, bananas, squash, etc.

Go Green!
- Enhances lung and liver health, gum, teeth, and bone health, wound healing, good source of fiber and great for detoxing
- Spinach, broccoli, cantaloupe, etc.

Try a Little Something Blue and Purple!
- Benefits bone, brain, heart, memory, and cognitive health. Antioxidants that fight cancer!
- Blueberries, plums, eggplants, prunes, etc.

Get Wild with Whites!
- Strengthens healthy bones and circulatory system, fights cancer and heart disease, and antibacterial
- Mushrooms, cauliflower, beans, garlic, etc.

Fun Facts/Tips

Healthy Eating
- Skipping meals slows down your metabolism
- Drink water! It helps you lose weight, hydrate and keeps you energized – add fruit for nutritious flavor
- Eat real food, cut down on junk food
- Practice portion control

Active Living
- Mix it up and keep it fun - dance, walk your dog, join a sports team, etc.
- Every minute spent exercising can add 7 minutes to your life expectancy
- Your body burns sugars and carbs in the first 15 minutes; after 30 minutes, it starts burning fat

Healthy Apps
- MyFitnessPal
- CharityMiles
- Shopwell
- Sworkit
- Live
- Runkeeper

For more information about your Wellness Center or to find a Wellness Center near you, visit: www.thelatrust.org/wellness-centers

How to Start a Healthier Lifestyle

HEAL
Healthy Eating, Active Living

Created by 2015 Linked Learning Students
(Jaqueline Argueta, Emely Castillo, & Bernardo Valencia)
Did You Know...

- The terms overweight/obese mean having excessive body fat.
- 1 in 3 LAUSD students are overweight or obese.
- 40% of kids’ diets come from added sugars and unhealthy fats.
- Being overweight can lead to high blood pressure, type 2 diabetes, sleep apnea, tooth decay, lowered self-esteem, Coronary Heart Disease and more!
- Create a sustainable healthy lifestyle, not a diet!

What Causes Overweight/Obesity?

- Unhealthy diet - eating too many processed foods, added sugars, and large portion sizes.
- Lack of exercise - sitting around all day or too much computer and phone time.
- Not getting enough sleep.
- Emotional factors: bored, angry, stressed, etc.
- Genetics

Healthy Lifestyle Benefits

1. Improves Physical Health
   - Helps maintain a healthy weight
   - Gives you more energy
2. Increases Academic Success
   - Improves concentration in school
   - Improves memory
3. Enhances Sports Performance
   - Stronger and more powerful workout
   - Develops strong bones
   - Complex carbohydrates fuel our bodies to workout
4. Healthy Lifestyle
   - Helps control stress
   - Increases self esteem and confidence
   - Healthier life = Happier life
   - Better sleep
   - Clear skin (acne-free)
   - Positive Attitude

Begin a healthy lifestyle today with the 9-5-2-1-0 model!

- 9 hours of sleep
- 5 servings of fruit or vegetables
- 2 hours of screen time (at most)
- 1 hour of physical activity
- 0 sugary drinks

Health Goals:

Write down 2 small steps you plan to do to create a healthier lifestyle today!

1. ____________________________
2. ____________________________