

February 11, 2019

## **February – Heart Healthy Month**

### **Staying Healthy on the Road: *Take your Good Health “To Go”***

- Plan to eat a balanced breakfast each day.
- Stay hydrated – bring along plenty of water.
- Pack healthy foods –
  - fresh or canned fruit,
  - fresh vegetables,
  - high protein foods,
  - nuts,
  - low-fat yogurt, etc.
- Walk and stretch during breaks.

