

AAFCS Wellness Campaign Checklist

Name: _____ Affiliate: _____

Nutrition	Check (/)	Points
Use the plate method to control portion size		
Eat vegetables and fruits with each meal		
Choose healthy snacks (
Choose whole grains (brown rice, whole wheat bread, oats) over processed products (white bread and rice)		
Include dried beans (like kidney or pinto beans), peas, and lentils once a week.		
Include fish in your meals 2-3 times a week.		
Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.		
Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.		
Eat one vegetarian meal a week		
Physical Activity		
Take part in 30 or more minutes of physical activity (walking, aerobics, swimming, dancing or sports) on five or more days of the week		
Include muscle-strengthening activities on 2 or more days a week that works all major muscle groups as part of your exercise routine		
Participate in an organized gym or exercise class		
Invite someone to be a work out buddy		
Healthy Behaviors		
Have medical check-ups and screenings at least once per year		
Limit your alcohol beverage to no more than one or two drinks a day		
Stop smoking if you do		
Take part in activities to relieve stress		
Stimulate your mind and brain by doing puzzles, learning a new skill or language		
Volunteering in community once a week		
Outreach		
Get AAFCS members involved in the Wellness Campaign : "Healthy Lifestyles--AAFCS Leading by Example"		

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 4-H/YOUTH DEVELOPMENT • COMMUNITY & ECONOMIC DEVELOPMENT



Disabilities accommodated with prior notification.