

Eat Healthy • Be Active

Be active, healthy and happy with **Eat Healthy•Be Active** from Michigan State University Extension. The program is designed to help participants:

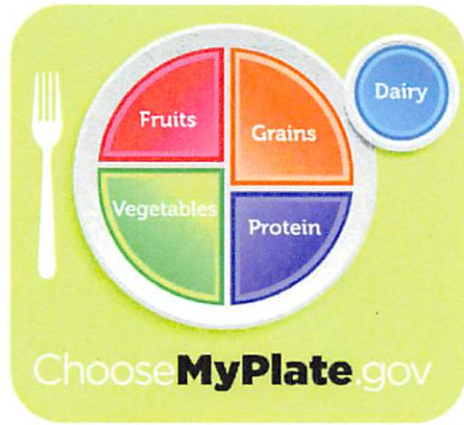
- Learn to eat healthy on a budget
- Increase their physical activity
- Discover tips for reaching and maintaining a healthy weight
- Prepare quick, healthy meals and snacks
- Enjoy healthy food that tastes great
- Make healthy eating a part of their total lifestyles

CALORIE
NEEDS?



HEALTHY
WEIGHT?

BMI?



www.msue.msu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office. MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Thomas G. Coon, Director, MSU Extension, East Lansing, MI 48824. KG 01/14