MORE MATTERS
Eat more healthy fruits and vegetables

Fill your plate with superpowers.

According to Mayo Clinic, fruits and vegetables matter, a lot.

» 3–5 servings per day = 11 percent lower stroke risk
» 5+ servings reduces stroke risk by 26 percent
» 7 or more servings are linked to the lowest risk of death from all causes—cancer, heart disease AND stroke

Wondering how to get more servings? Pause as you make your casserole, and think of which extra vegetable you can add to it. Slice some veggies for breaktime, or snack on an apple instead of chips. Search out new recipes that feature fruits and vegetables—a new, tasty discovery may even become one of your favorites.

Target: Five servings per day, any combination of fruits and vegetables.

Activity tracker: More Matters Challenge

Challenge dates: __________________ to __________________

Any fruit or vegetable counts toward your goal.

Your total fruit and vegetable servings for this challenge = ____________
(Challenge goal: 140 servings)

Please turn in this tracker to your company’s challenge “champion” at the end of the challenge to qualify for incentives.

Name: ____________________________  □ Male  □ Female
Organization name: ____________________________
□ Employee □ Spouse/family  □ Yes  □ No
Current Health Tradition member?
Age (optional): □ 18–29 □ 30–44 □ 45–59 □ 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

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Have you signed up for the quarterly WellMe updates yet? Go to www.HealthTradition.com/go/WellMe

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