

FRUIT AND VEGETABLE SPRING TRAINING TIPS

Eat 9 servings of fruits and vegetables a day to stay healthy. These personal spring training tips have been designed to demonstrate just how easy it is to eat 9 A Day everyday.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	Fill your omelet or eggs with veggies like spinach, tomatoes, onions, peppers, and mushrooms.	Drink a glass of 100% juice with breakfast, such as orange or tomato juice.	Snack on raw veggies like broccoli, carrots, or celery with low-fat dip.	Eat at least 2 vegetables with dinner.	Add a banana or strawberries to your breakfast.	Have a salad with lunch.	Have a bowl of fresh fruit with breakfast.
WEEK 2	Bring baked tortilla chips with black bean and corn salsa to snack on at the game.	Make a fruit bowl a regular fixture on your desk at work.	Add canned garbanzo beans, kidney beans, and black beans to your salads.	Grab an apple, banana, plum, or other piece of fresh fruit on your way out the door in the morning.	Save time—buy some pre-cut fruit or salad in a bag.	Keep trail mix made with dried fruit on hand for a quick snack.	After working out, grab some refreshing fruit like oranges, watermelon, melon, pineapple chunks, or grapes to help re-hydrate your body.
WEEK 3	Cap off dinner with a fresh fruit salad for dessert.	Add vegetables like tomatoes, cucumbers, sprouts, or peppers to your favorite sandwich.	Eat salads more often and at any time of day—with lunch and dinner or as an appetizer when eating out.	Store cleaned and cut-up produce in the fridge at eye level. Keep your favorite low-fat dip on hand.	Make sure your take-out food has vegetables—order vegetable pizza, salads, soups, or stir-fried vegetables with steamed rice.	Add vegetable or bean soup to your meals.	One serving fits in the palm of your hand—eat larger portions of vegetables with meals to get 2 to 3 servings at a time.
WEEK 4	Add raisins, berries, or sliced fruit to your cereal, pancakes, or waffles.	Stash dried fruit in your glove compartment in case you get caught in traffic on the way home from work.	For an easy meal, have pasta marinara—tomato sauce counts! For extra points, add broccoli, mushrooms, onions, garlic, or peppers.	Place a bowl of easy-to-carry fruits on the counter for when you need a snack on the go, like apples, oranges, bananas, plums, nectarines, and grapes.	Choose entrées that contain lots of vegetables like stir-fried chicken with vegetables.	Add fresh or frozen veggies to your favorite pasta sauce or rice dish.	Choose beans, coleslaw, corn on the cob, or a side salad instead of French fries.

PHYSICAL ACTIVITY SPRING TRAINING TIPS

For good health men should get 30 minutes of moderate-intensity activity a day, most days of the week; boys should get 60 minutes. These tips show how easy and fun getting active is.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	When playing golf, forego the cart and walk the course. Pack some easy-to-carry fresh fruit.	Whenever possible, walk to work or to the bus or subway to get to work.	Take an after-dinner walk with a family member, friend, or pet.	Take up a new active past time like tennis or racquetball.	Get some fresh air and take a walking break when you need a pick-me-up at work.	Keep a pair of comfortable shoes in your car or office so that you'll always be ready for action.	Enjoy your favorite sport—play pick-up baseball, basketball, soccer, hockey, football, or field hockey.
WEEK 2	Join a gym that's near your house or on your way to work.	Catch your favorite show while walking on a treadmill or riding a bike or other exercise machine.	Take your dog or a friend's dog for a walk after work. Consider getting a dog.	Buy roller blades for yourself and the whole family.	Do community service that involves being active, like coaching a boys sports league.	Sign up for a fundraising activity like a walk or run for a good cause.	Get together with your friends by doing something active like playing ball, golf, or bowling.
WEEK 3	Go for a nature hike or make a date out of it with your significant other.	Do yard work and turn your yard into the best looking yard in the neighborhood.	Try a new active game like paintball or laser tag.	Learn how to dance, sign up for a class with your partner. Or go solo—it's a great way to meet potential dates.	Go for a short walk or jog before you get ready for work if you have to drive to get there.	Play active games with your kids or your friend's kids.	Mow the lawn or rake leaves instead of having someone else do it.
WEEK 4	Go for an adventurous bike ride in a park with interesting trails.	Instead of delivery, order take-out and walk to pick it up.	Tackle home repair projects.	Use weekends and vacation days to try new activities like kayaking, skiing, canoeing, and scuba diving.	Sign up for an exercise class like boxing, weight lifting, or stretching with a friend or your partner.	Use the stairs instead of the elevator or escalator.	Do sit-ups during commercial breaks.