

Mission In Motion

Health & Wellness
Tip of the Week
Week 26



June 24, 2013

What's the formula for good health? Eating five servings of fruits and vegetables is part of it. Here's how to get started and give your health a high-five:

- Start the day with 100 percent fruit or vegetable juice
- Add sliced banana or strawberries to your cereal
- Have a salad with lunch
- Eat an apple for an afternoon snack
- Include a vegetable with dinner

Source: National Center for Chronic Disease Prevention and Health Promotion

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