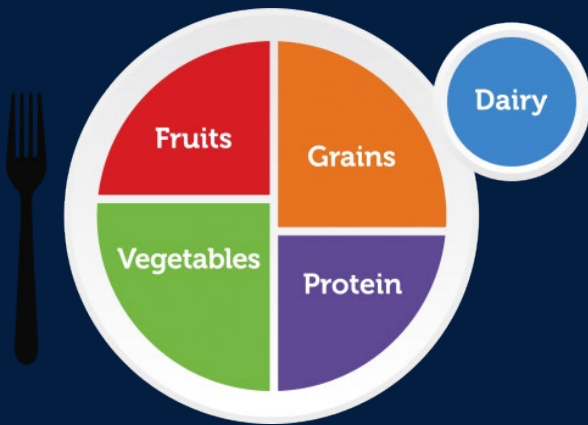


# Managing Stress with Healthy Eating



MyPlate from the US Department of Agriculture is the food pyramid reimagined.

A visual reminder to make healthy choices from each of the 5 groups.

- ✓ Aim for half your plate to be fruits and vegetables.
- ✓ Eat whole fruits when you can such as apples, grapes, pears, or berries
- ✓ Vary your veggies with broccoli, carrots, spinach, tomatoes, or celery
- ✓ Try to focus on whole grain versions of rice, pasta, or bread
- ✓ Eat a variety of protein foods such as chicken, fish, beef, lamb, or beans
- ✓ Choose low fat dairy such as milk, yogurt, cheese, or fortified soy milk

Looking for tips for eating healthy on a budget? Check out [MyPlate.gov](https://www.MyPlate.gov) for additional resources, quick and easy recipes, and much more.



SCAN ME



**Healthy eating can help you meet the demands of farm life**

Take a look at what you usually eat and consider one or two small changes you could make to improve your nutrition.

The benefits of healthy eating add up over time, bite by bite.

**Small changes matter.**



MyPlate  
U.S. DEPARTMENT OF AGRICULTURE



# Managing Stress with Physical Activity

Studies have shown that exercise significantly improves the symptoms of stress and anxiety.

While ranch and farm work can be very physical, it doesn't always include the variety of exercise types that help keep our bodies healthy and flexible.

*Did you know the American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity per week?*

### Do a check-in with yourself

- ✓ How are you doing with the four types of exercise in your daily life?
- ✓ What types of exercise do you do the most?
- ✓ What area(s) have some room for improvement?

## Practice the 4 types of physical activity

Cardiovascular



Strength



Flexibility



Balance



## Health Benefits

### Short Term

- ✓ Improves mood
- ✓ Reduces symptoms of anxiety and depression
- ✓ Improves sleep
- ✓ Supports relaxation
- ✓ Improves focus

### Long Term

- ✓ Reduces risk of chronic diseases such as coronary heart disease, type 2 diabetes, and hypertension
- ✓ Improves quality of life
- ✓ Reduces symptoms of arthritis
- ✓ Increases metabolism
- ✓ Reduces risk of injury or fall

#### References:

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