

I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink full-fat milk or eat full-fat yogurt with no added sugar every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink full-fat milk or eat full-fat yogurt with no added sugar every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink full-fat milk or eat full-fat yogurt with no added sugar every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink full-fat milk or eat full-fat yogurt with no added sugar every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.