

For Immediate Release



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

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Live Better in 2008: Eat Smart, Play Hard, Rest Well

This month Eat Right Montana (ERM), a statewide coalition promoting healthy eating and active lifestyles, is celebrating its 10th anniversary. Since 1999, ERM has been providing Montanans of all ages with practical nutrition and fitness advice.

"Eat Right Montana has been an important partner since the beginning of Shape up Montana and Big Sky Fit Kids," says Suzie Eades Wood, Operations Director with Big Sky State Games in Billings. "We are delighted to share ERM's positive nutrition tips with our adult and youth participants again in 2008. The ERM nutrition information is just what busy, stressed-out Montana families need to make their 2008 New Year's resolutions become a reality."

Each year ERM chooses a theme for its twelve monthly packets. The 2008 theme is just what the doctor ordered for today's 24/7 lifestyles - *It's All About Balance: Eat Smart, Play Hard, Rest Well*. Along with ongoing healthy eating and active lifestyle tips, ERM is adding a new monthly feature for 2008 - an easy, delicious, and healthy recipe.

As a certified personal trainer, Ms. Wood is a firm believer in the importance of balance. "Both of our team wellness programs are based on a foundation of good nutrition and physical activity. You can't get the benefits of one without the other. Shape Up Montana (www.shapeupmontana.org/) is a three month, interactive program to help adults develop healthy eating habits and activity patterns. Big Sky Fit Kids (www.bigskyfitkids.org/) is the youth component, which encourages groups of kids (at school or after-school) to increase their activity levels. This year, we are adding breakfast to our competition, because we know that a balanced breakfast really makes a difference in a child's day."

Here are a few easy ways to live better and feel better in 2008:

- **EAT SMART:** Build your healthy eating style on a foundation of balanced meals. Any smart meal starts with healthy servings of colorful fruits and vegetables, adds the goodness of whole grains, and includes the power of protein. Smart eating deserves better beverages - so drink milk with your meals and water with snacks.
- **PLAY HARD:** The key to getting active and staying active at any age is enjoyment. When you play hard and have fun, you are more likely to make physical activity an everyday habit. Both children and adults need plenty of active 'playtime,' at least 30 to 60 minutes a day of biking, walking, dancing, swimming, skiing, snowshoeing, and general running around.
- **REST WELL:** Surveys indicate that Americans generally do not get enough sleep, which may contribute to a number of existing problems. Getting enough sleep (7 to 8 hours for adults, more for children) helps with a healthy weight and better grades in school. For overall health and for academic success, a good night's sleep is important for all Montanans.

"Getting in shape and feeling better is actually simpler than you may think," notes Ms. Wood. "Shape Up Montana and Big Sky Fit Kids are ready and waiting to provide the support and information you need for a happy, healthy new year!"

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at

www.eatrightmontana.org/eatrighthealthyfamilies.htm

It's All About Balance | Celebrating Healthy Families 2008