

Five + Fit



Healthy eating and physical activity are equally essential to good health. **Five + Fit** is a five-week educational campaign that challenges employees and their families to eat a combination of five cups of fruits and vegetables, and be physically active for 30 minutes or more, five days each week.

- Educational campaign
- Individual and family-based
- Trackers provided
- Promotional poster provided
- Post-program survey tracks results



According to the Centers for Disease Control and Prevention (CDC)*, eating a diet high in fruits and vegetables is associated with a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers. Research also has found that replacing foods of high-energy density (high calories per weight of food) with foods of lower-energy density, such as fruits and vegetables, can be an important part of a weight-management strategy.

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* cdc.gov/heartdisease/facts.htm