

## Farm-Fresh Foods

Farmers' Markets are markets that are usually held in outdoor public spaces, where farmers can sell their produce directly to the public. Farmers' Markets are known for having locally-grown produce available at the peak of the season.

Attending Farmer's Markets allows you to obtain fresh fruits and vegetables to meet your dietary needs. Remember that according to MyPyramid, you should eat:

- 2 ½ Cups of Vegetables Every Day
- 2 Cups of Fruits Every Day

For a Farmers' Market near you visit:

<http://www.agr.state.il.us/markets/farmers/>

Another great way to get farm-fresh foods is by going directly to the farm. Often times, these products are less expensive than what you would purchase at the grocery store. They are local products, and very fresh. Sometimes, you can even find what you are looking for at a "Pick-Your-Own" farm. This is a great way to find fresh produce while getting some exercise!

To locate a farm or "Pick-Your-Own" farm near you visit:

<http://www.illinoisfarmdirect.org/>

<http://www.pickyourown.org/IL.htm>

## Be Physically Active

Remember to aim for 30 minutes of moderate physical activity on most days of the week. It's important to keep in mind that the 30 minutes does NOT have to be done all at once. It's OK to break it up into 5-10 minute blocks of time throughout the day.

Tips for being physically active:

- Take the stairs whenever possible.
- Play actively with pets.
- Work in your yard.
- Do active housework.
- Walk in your local mall early in the morning.
- Check with your local park & recreation department for upcoming events that you may want to participate in.
- Have a walking partner and track your progress.

For a list of walking trails and State Parks in your area, please visit:

<http://www.trailink.com/>

<http://www.dnr.state.il.us/lands/landmgt/PARKS/ilstate.htm#C>

<http://www.thebackpacker.com/trails/il/trails.php>

### Tobacco Cessation

The Illinois Tobacco Quitline provides tobacco cessation information, as well as support for people in Illinois who are thinking about quitting smoking or are in the process of quitting. For more information call:

- 866-QUIT-YES
- TDD 800-501-1068

Or visit:

- <http://www.quityes.org/>

