

Follow The **RED (Rest, Exercise & Diet) Plan** For Better Health

R=REST and RELAXATION

- ~ Children need 8 to 10 hours of sleep each night.
- Adults need 7 to 8 hours of sleep each night.



E=EXERCISE

- ~ Exercise can help you feel less tired and stiff.
- Walking is a good way to exercise.



D=DIET

- ~ Eat 5 fruits and vegetables each day.



University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition, and Consumer Service of the U.S. Department of Agriculture.