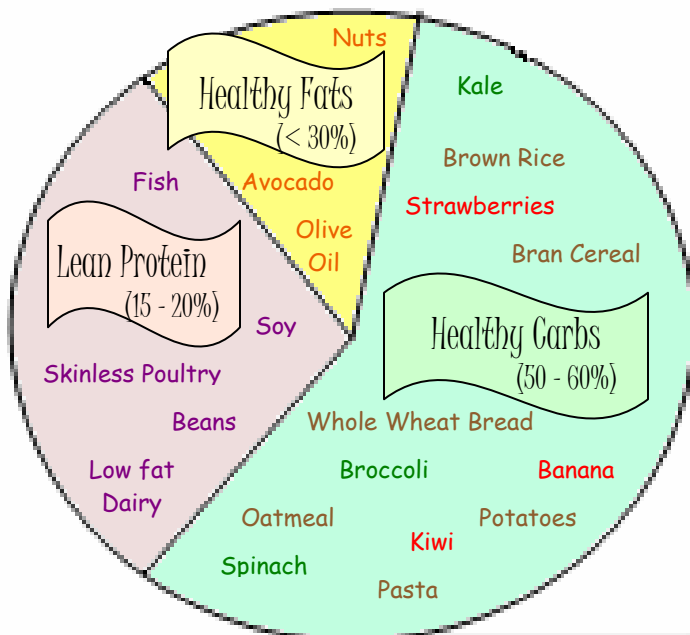


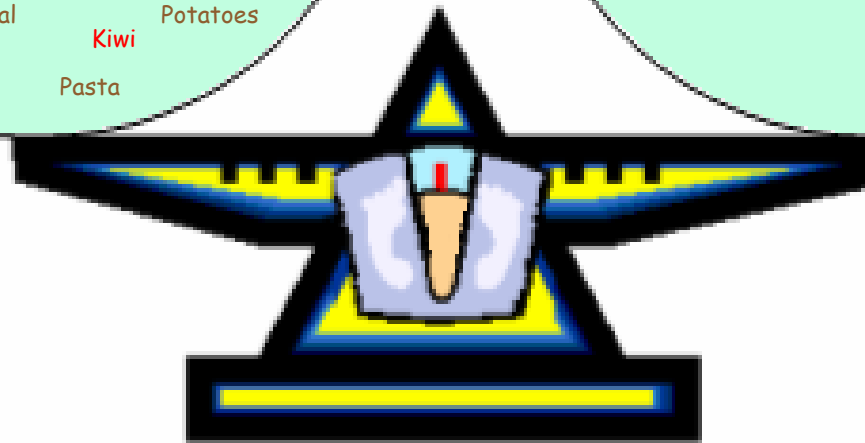
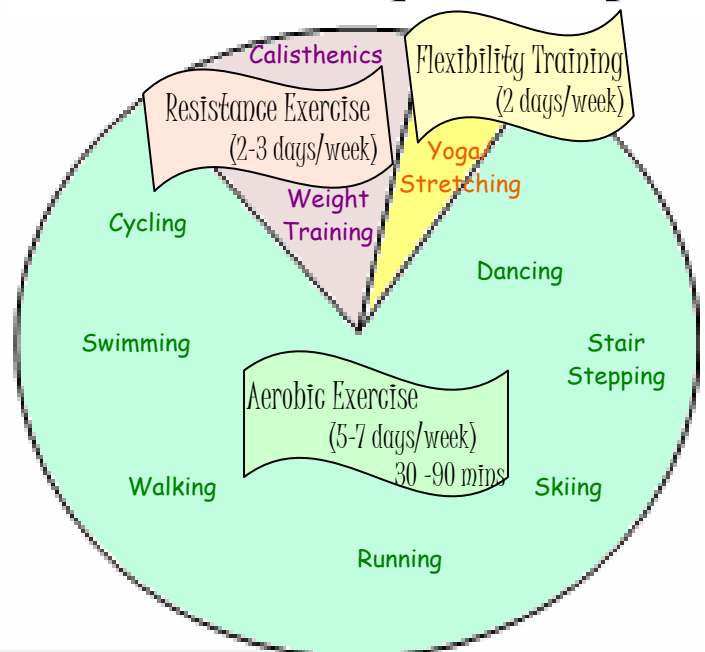
# Dr. Janet's Food and Exercise Guide

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## Calories In (Food)



## Calories Out (Exercise)



Balance your calories in (food) with your calories out (exercise) for a healthy body weight.

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⚠ Be careful not to eat too many foods high in sugar and fat such as: fast food, soda, donuts, cookies and candy. These types of foods promote over-consumption of too many Calories and are low in nutrition.

⚠ Watch intake of saturated fat and cholesterol such as: full fat dairy/cheese and fatty meats as these foods will raise your cholesterol level.

⚠ Make sure to get medical clearance from your doctor if you are just beginning an exercise program.

⚠ Remember to always warm-up, cool-down and stay hydrated.