

# 5 STEPS

Here are five strategies for a more balanced lifestyle...

## More Tips and Tricks:

- **Be mindful** while you're eating and when determining whether to eat. Learn the difference between hunger and boredom or worry and remember to only eat when you're hungry.
- Offset your calorie intake with exercise. **Get moving every day.** You don't have to run a marathon or climb a mountain — find fun activities for you!
- **Ration and schedule your screen time** so that you don't accidentally spend too much time sitting.
- **Make healthful drink choices!** Stick with milk, still or sparkling water, and unflavored coffee or tea for the most hydration and nutrients with the fewest empty calories.

## Use a Plate!

If you don't have a portion control plate like the one featured below, simply grab a 9- or 10-inch plate for your meals, then use two lines of sauce to divide the plates evenly into four quadrants.

**Don't eat your food out of the bag or box!** Instead, put it on a plate so that you have a better sense of how much you're eating.



## Oregon Cascades West

**Dining Centers & Days of Service  
Call for Lunch Reservations**

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

### LINN COUNTY

#### Albany Senior Center

Monday-Friday (541) 967-7647

#### Brownsville Christian Church

Tues & Thurs (541) 466-5015

#### Lebanon Senior Center

Monday-Friday (541) 451-1139

#### Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

#### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

### BENTON COUNTY

#### The Corvallis Elks

Monday-Friday (541) 223-1005

### LINCOLN COUNTY

#### Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

#### Newport Senior Center

Mon., Wed., Fri (541) 574-0669

#### Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

#### Toledo, Trinity United Methodist

Friday (541) 270-7416

#### Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796