

ECHO Script

Emergency and Community Health Outreach



Final Script
June 20, 2012

ECHO Show
“Active Living and Healthy Eating on a Budget”
Word count:

-1-

We'd all like to be as healthy as possible, but it's not always easy. For most of us, being healthy is something we have to work towards.

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That means regular exercise and being active as much as possible. Taking the stairs instead of the elevator. Riding a bike or walking instead of driving a car.

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Not smoking and limiting how much alcohol we drink for a healthier life.

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And eat healthy foods.

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Eating healthy meals takes time and planning. Some people worry that it might cost too much. Yet isn't our health worth much more?:-

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Sometimes more affordable foods are high in fat, sodium and sugar.

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Advertising may make those foods look good, but they can make you gain weight because so many of them have lots of calories and are high in fat.

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To eat healthy, we need to start buying healthy food and preparing healthy meals.

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Even if we don't have a lot of money to spend on food, there are ways to make the most of what we *can* spend. And there are programs to help us learn how to buy healthy food, and how to prepare healthy meals that don't cost very much.

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The Simply Good Eating program teaches individuals and families what they need to know to maintain healthy diets and keep active.

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Simply Good Eating, and other programs like it, offer classes where individuals and families who qualify can learn things like how to make healthy meals that don't cost a lot and how to stay physically active.

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The classes are held at convenient places like community centers or food shelves.

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These classes can show us healthy ways to make our traditional favorites.

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It's so important for everyone to make healthy food choices.

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People who eat well do better at work, school or play. Older people who eat well stay in their homes longer and have lower medical bills. The better we eat, the better we feel and we enjoy life even more.

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If we don't eat a healthy diet, there's a greater chance we can get certain diseases. By establishing healthy eating habits, we make it less likely that we'll get those diseases.

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So make the effort to eat better, exercise more and make the best of what we spend on food. It will help!