

Clermont County WIC News

May-July 2017

Steps to a Healthier You

Congratulations on the birth of your baby! You just spent the last nine months growing a healthy baby. Now it's time for you to take care of your needs, to heal, rebuild your body and keep your energy up.

Follow these steps :

- Visit your doctor within 6 weeks. Be sure to talk with your doctor before you start any exercise program.
- Make healthy food choices. Cut back on salt and empty calories from fats and added sugars.
- Be active every day. Work up to 10,000 steps per day. Ask your WIC dietitian for a pedometer to help you count your steps.
- Breastfeeding is healthy for you and can help you get back in shape.
- Use a free nutrition + fitness app on your phone to help you stay on track.

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**Clermont County
Public Health**
Prevent. Promote. Protect.

Clermont County Public Health

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Keep your energy up with this quick snack idea using fresh or frozen berries.

Store blueberries in the refrigerator for 10-14 days. Store strawberries in the refrigerator for 1-3 days. Rinse berries in water before using.

Frozen berries will last for 4-6 months in the freezer.

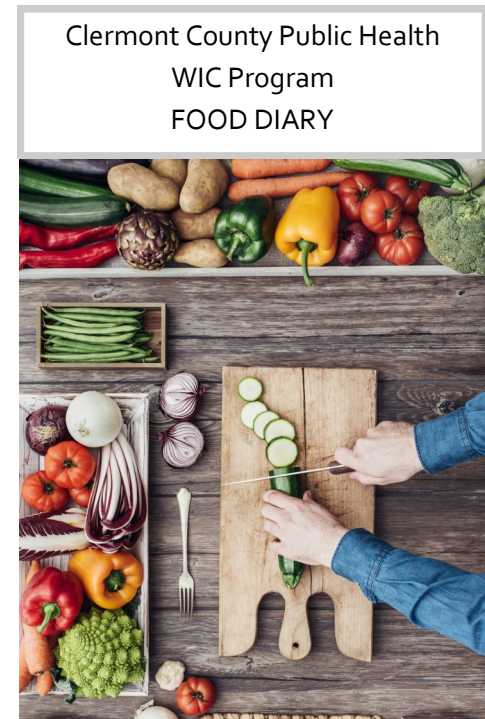
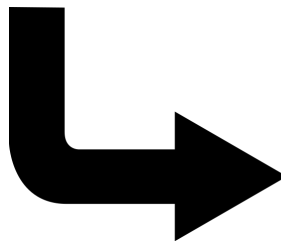
Recipe: Berry Smoothie

Ingredients: 1 cup blueberries or strawberries
1 cup nonfat yogurt
1 banana
1/2 cup crushed ice (if not using frozen berries)

Preparation: Put all ingredients in a blender and blend until smooth. Serves 1



We have developed a new tool to help new mom's in their efforts to get back in shape after giving birth. It is a **Food Diary**. It can help you decide how much and what you need to eat. It also has space to record how many steps you take daily in order for you to reach your goals. Ask your WIC dietitian for a copy today!



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FOOD DIARY