

Click any of the questions on the outside of the wheel to get the answers.

**women's health**

1. Ask one of the questions on the outside of the circle  
2. Have a healthy conversation  
3. Turn the wheel to see our healthy tips  
4. Discuss goals for each category and write them on the goal card  
5. Turn over the wheel for more information  
6. Log on to [www.facebook.com/healthyohio](http://www.facebook.com/healthyohio) to tell us how your conversation went and receive a thank you item while supplies last

**Questions on the wheel:**

- What "Healthy Eating" goal can you set this year?
- Why is being physically active important?
- What makes a healthy relationship?
- Why are positive relationships important to you?
- How can you become more active?
- Why is eating healthy important?
- How do you get started being active?
- What will you do to make your relationships better?

**Categories on the wheel:**

- Eat Healthy
- Get Active
- Nurture Positive Relationships
- Get Active
- Eat Healthy
- Get Active
- Eat Healthy
- Nurture Positive Relationships

**Why are positive relationships important to you?**

- **Provides a safe place to resolve conflicts**
- **Increases my health and happiness**
- **Helps me see the world differently**
  - **Helps me feel understood**
  - **Source of support for me**



**BACK**



**What makes a healthy relationship?**

- **Honest communication**
- **Share decisions**
- **Be flexible**
- **Kindness**
- **Respect**



**BACK**



**What will you do to make your relationships better?**

- **Notice and take action when something isn't right**
- **Make time to celebrate friends success as well as my own**
- **Stand up when someone is getting hurt**
- **Start a conversation with someone new**
- **Take turns deciding what to do**



**BACK**



What "Healthy Eating" goal can you set this year?

- Eat slower and stop eating when I'm full
- Eat all colors of fruits and vegetables
  - Don't skip meals
  - Eat with the TV off



BACK



## **Why is eating healthy important?**

- **Build and strengthen bones and muscles**
- **Helps to maintain a healthy weight**
- **Makes hair and skin look healthy**
- **To fight diseases like diabetes**



**BACK**



## How can you eat healthier?

- Try new fruits and vegetables
- Choose whole wheat breads and pasta
- Drink water or milk instead of sugary drinks
- Choose fruit (or low-fat dairy) for dessert
  - Eat out less often
  - Eat together as a family
  - Eat smaller portions



**BACK**



## **Why is being physically active important?**

- **Helps you feel better about yourself**
  - **Helps you sleep well at night**
  - **Enjoy time with your friends**
  - **Helps control my weight**
  - **Keeps your heart healthy**



**BACK**



**How do you get started being active?**

- **Start simple**
- **Find a workout buddy or supporter**
- **Find an activity you like to do**
- **Add a little more each day**
  - **Plan ahead**
  - **Short walks**



**BACK**



**How can you become more active?**

- **Get the whole family involved in activity**
- **Walk or bicycle to the store (drive less)**
- **Park further away from work**
- **Walk 30 minutes a day**
- **Take a nature walk**
- **Quit Tobacco**



**BACK**

