

What is **S.M.I.L.E.**?

S.M.I.L.E. is a program developed to correspond with Healthy People 2010 in an effort to create a healthier America.

What does **S.M.I.L.E.** stand for?

S.M.I.L.E. is an acronym:

- S**mile
- M**ile
- I**ntelligence
- L**ove
- E**at Healthy

Who is **S.M.I.L.E.** for?

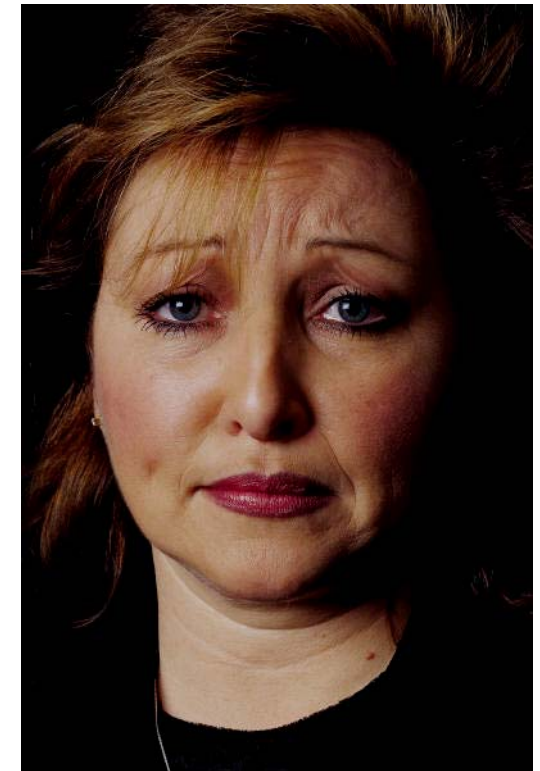
S.M.I.L.E. is for individuals and families of any age, shape, or size. Everyone can benefit from **S.M.I.L.E.**....that includes you!

Fact...

- 65% of Americans are obese
- 10% of American adults are depressed
- 6% of American citizens are illiterate

Americans have forgotten how to

S.M.I.L.E.



It's time to remember.

Smile

Fact...

Smiling increases endorphins in your body which makes you feel better.



Many people think that you smile because you are happy, but in actuality it

is the other way around, smiling makes you happy...and being happy is one of the first steps to being healthy.

Intelligence

Fact...

Education level is one of the top ten factors to decreasing illness and extending life.

Learn something new everyday and share it with someone else!



Eat Healthy

Fact...

Only 36% of American's eat at least five servings of fruit and vegetables a day.



Nutrition is an essential part of your healthy life. The Food Guide Pyramid is a great resource to help guide your food choices.

Mile

Fact...

Physical inactivity contributes to 300,000 preventable deaths each year in the United States.

Get out and start moving! Do at least a mile of *something* everyday.

- Biking
- Swimming
- Walking
- Running
- Etc.



Love

Fact...

Love should make you feel happy, secure, and appreciated.

This entails love for others, but more importantly love for yourself. Loving yourself requires you to love your body and to want to take care of it, thus leading to a health lifestyle.



Ideas of how to **S.M.I.L.L.E.** everyday!

- Eat a piece of fruit for snack
- Have fruit and veggies ready to eat and cut up in the fridge
- Form a walking group with friends
- Make a family exercise goal and then exercise together
- Read one new book every month
- Count how many people smile at you if you smile at them
- Carry a water bottle
- Look at yourself in the mirror and say that you are beautiful and successful everyday