



University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



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WOULD YOU BE A RACE CAR OR A CLUNKER?

I have been noticing lately how many people work on their cars on the weekend. It started me thinking: If you treated your car like you treat your body, would you own a RACE CAR or a CLUNKER? If you cared for your car like you care for yourself, what type of miles per gallon would you get? Or, would your auto move at all?

Following are a few questions which could help you think about how you keep your body running:

1. Your car—Do you recharge your car's battery if it runs low?

Yourself—Do you get enough sleep?

2. Your car—Do you refill your car's gas tank when it's empty?

Yourself—Do you eat meals/snacks at regularly spaced times throughout the day?

3. Your car—Do you use the right type of fuel for your car?

Yourself—Do you eat the right variety of foods from each Food Guide Pyramid group?

4. Your car—Do you make sure your car's radiator has enough water?

Yourself—Do drink about 8 cups of liquid a day—mostly from water, juice, and milk?

5. Your car—Do you read the owner's manual to learn how to get the best performance from your car?

Yourself—Do you take advantage of opportunities to learn more about healthy eating and other healthy lifestyle choices?

6. Your car—Do you clean your car's body so it doesn't rust out?

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Yourself—Do you brush and floss your teeth daily?

7. Your car—Do you carry the passenger load established for your car, and no more?

Yourself—Do you keep your weight at a healthy level?

8. Your car—If smoke poured from your car, would it concern you?

Yourself—Do you smoke?

9. Your car—Do you give your car regular tune-ups?

Yourself—Do you participate in moderate to vigorous physical activity most days?

10. Your car—Do you keep the proper pressure in your tires?

Yourself—Do you keep your stress at a healthy level?

There seems to be a lot of similarities between our cars and our bodies. There are, however, two major differences:

It's easier to replace damaged parts on our cars.

We can trade our cars in for a newer model every few years. We have to live with our bodies forever!

Perhaps you feel it's time for a tune-up to get back on track. Start your engine, rev up your motor and begin caring for your body as carefully as you do your car!

Source: Food Reflections March 2000 e-mail

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