

# Healthy Lifestyle

November 2009

[View the American Heart Association Article](#) (ctrl+click)

Maintaining a healthy lifestyle is an essential component of living a long and enjoyable life. Staying physically active keeps your muscles and bones strong and healthy, decreasing chance of injury as well as risk for several medical conditions that could negatively impact your life. Furthermore, exercise decreases stress levels, can improve quality of sleep, and can make you feel good about yourself! Below you can find some general health information and tips that may assist you with upholding a healthy lifestyle.

## General Information:

- 3500 calories = 1 pound
  - If your goal is to loose 1 pound per week, your caloric intake must be decreased by 500 calories per day (500 calories x 7 days = 3500 calories)
- Intake(calories consumed) - Outake (calories burned) = (+ number) GAIN weight  
(- number) LOOSE weight  
(0) MAINTAIN weight
- Recommended Caloric Intake:
  - Male = minimum 1,800 calories/day (American College of Sports Medicine)
  - Female = minimum 1,200 calories/day (American College of Sports Medicine)
- Taking daily walks can assist with maintaining a healthy weight
  - Based on an average person's stride...
    - 2,100 steps = walking 1 mile
    - 10,000 steps = walking 5 miles

<i>Number of Steps per Day</i>	<i>Level of Activity</i>
< 5,000	Sedentary
5,000 - 7,499	Low Active
7,500 - 9,999	Somewhat Active
>10,000	Active

(Food Literacy Partners Program 2004)

- **Physical Activity Recommendations** (US Department of Health & Human Services 2005)
  - To help **MANAGE BODY WEIGHT** & prevent gradual, unhealthy body weight in adulthood, engage in approximately **60 minutes** of **moderate to vigorous** intensity activity on **most days of the week** while not exceeding caloric intake requirements
  - To sustain **WEIGHT LOSS** in adulthood, participate in at least **60-90 minutes** of **moderate** intensity physical activity **daily** while not exceeding caloric intake requirements

**Make PHYSICAL ACTIVITY a part of your LIFESTYLE**

## Easy Tips to Maintain Your Healthy Weight

- 1) Decrease Sodium & Salt Intake
- 2) Drink H<sub>2</sub>O instead of Soda
- 3) When Dining Out:
  - Order steamed, grilled, or baked meats instead of fried
  - Ask for salad dressing on the side (dressings usually have several calories)
  - Avoid buffets → if unable...take small portions of each food you try
  - Portion Control → take 1/2 of meal home (you will have a meal ready for the next day!)

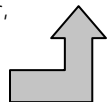
### Healthy Eating Plays a Key Role in Your Health:

#### ❖ General Recommendations for Daily Food Intake: (MyPyramid.gov 2009)

- **GRAINS**
  - Foods: whole grain bread, cereal, crackers, pasta, or rice
  - Eat *whole grains* rather than refined grains
    - Refined grains involve milling, which improves shelf-life and fine texture of product, but removes dietary fiber, iron, and vitamins
- **VEGETABLES**
  - Eat more dark green and orange veggies
  - Select juices with 100% vegetable counts
- **FRUITS**
  - Choose variety of fresh, frozen, canned, or dried fruit
  - Select juices with 100% fruit counts
- **OILS**
  - Limit solid fats: butter, shortening, lard
  - Healthier fat sources: fish, nuts, vegetable oils
- **MILK**
  - Calcium rich foods: milk, cheese, yogurt
  - Choose low-fat or fat-free products
- **MEAT & BEANS**
  - Foods: meat, poultry, eggs, nuts
  - Eat low-fat or lean meats & poultry
  - Bake, broil, or grill meats



\*For more details regarding daily intake of each food group for your age, gender, & level of physical activity...please visit the website listed above.



## Evidence Supporting Physical Activity:






- **Reference:** Haskell WL, Lee I, Pate RR, et al. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association. *Journal of the American Heart Association*. 2007;116:1081-1093.
  
- ✓ Recommendations for healthy adults ages 18-65 years old
  - Perform **moderate** intensity **aerobic** activity for at least **30 minutes** on **5 days** each week OR **vigorous** intensity **aerobic** activity for at least **20 minutes** on **3 days** each week
  - Additionally, adults will benefit from performing activities using the major muscle groups of the body that maintain or increase **muscular strength** and endurance **2 days/week**
    - ❖ 8-10 exercises should be performed on non-consecutive days
    - ❖ Exercises include lifting weights and other resisted activities
  
- ✓ **MODERATE ACTIVITY** = noticeably accelerates heart rate (HR)
  - Examples:
    - ❖ Cleaning (heavy = washing windows, car, cleaning garage)
    - ❖ Leisure Activities:
      - Dancing
      - Swimming
      - Brisk Walk
    - ❖ Recreational:
      - Basketball (shooting around)
      - Volleyball (non-competitive)
      - Tennis (doubles)
  
- ✓ **VIGOROUS ACTIVITY** = causes rapid breathing & substantial increase in HR
  - Examples:
    - ❖ Jogging
    - ❖ Running
    - ❖ Hiking at moderate pace and grade
    - ❖ Yard Work:
      - Shoveling
      - Carrying heavy loads (such as bricks)
    - ❖ Recreational:
      - Skiing Cross Country
      - Basketball (game)
      - Volleyball (competitive)
      - Tennis (singles)

KEY TO SUCCESS:

MAKE PHYSICAL ACTIVITY FUN !!!

# Fast Food Facts

You ARE what you EAT! Fast foods may be quick & easy, but it is important that you KNOW what you are putting in YOUR BODY. Here are some examples of fast foods so you can make the more healthy option when you eat out!

	
<b>DRINK</b>	<b>CALORIES</b>
Hot Chocolate-grande	370
Caramel Macchiato-grande	240
Coffee of the Week-grande	5
	
<b>FOOD</b>	<b>CALORIES</b>
Curly Fries med.	380
Regular Roast Beef	400
	
<b>FOOD</b>	<b>CALORIES</b>
4 Piece Chicken Nuggets	170
Small French Fries	275
Crispy Chicken Bacon Ranch Salad	294
Hamburger	350
	
<b>FOOD</b>	<b>CALORIES</b>
Original Pretzel w/o butter	340
Cheese Sauce	100
	
<b>FOOD</b>	<b>CALORIES</b>
Glazed	200
Chocolate Iced Glaze	250