

## **Get Moving!** *Easy Ways to Get Exercise Without Feeling Like You're Exercising...*



The US Centers for Disease Control and Prevention (CDC) recommend at least 30 minutes a day of moderate activity. This doesn't mean you have to join a gym or sign up for aerobic classes. It's easier than you think to get up and move. Little changes can make a difference.

***Household chores may not seem so dreadful when you realize you are not only getting a clean, organized house but also burning calories at the same time...***

Here's what an average 150 lb. person will burn in 30 minutes of moderate activity\*:

- |                           |              |
|---------------------------|--------------|
| • Vacuuming               | 84 calories  |
| • Washing Car             | 153 calories |
| • Washing Dishes          | 76 calories  |
| • Scrubbing Floors        | 189 calories |
| • Washing Windows         | 153 calories |
| • Mowing lawn             | 162 calories |
| • Raking                  | 171 calories |
| • Laundry/Folding Clothes | 72 calories  |
| • Gardening               | 162 calories |



If you are looking for more intensity, by all means...GO FOR IT!

- |                          |              |
|--------------------------|--------------|
| • 1 hour jogging         | 540 calories |
| • 1 hour aerobic dance   | 460 calories |
| • 1 hour brisk walking   | 310 calories |
| • 1 hour weight training | 230 calories |



\* [www.caloriecount.org](http://www.caloriecount.org)



## Smart Eating Basic Nutrition Guidelines



Nutrition and what we put into our bodies on a daily basis can have an enormous impact on our overall health today and in the years to come. The following is a list of basic guidelines to get you started down a healthier path.

### Aim for a Healthy Body Weight

- Find a suitable body weight that you are comfortable with. Remember that all body types are different so try not to compare yourself to others.
- Get 30-60 minutes of exercise daily.
- Eat a variety of healthy foods.

### Use the Food Pyramid as a Guide to Your Daily Selections

- Work in at least 5 fruits (1 medium fruit is a serving) and vegetables (1/2 cup vegetables is a serving) into your diet daily. Choose a variety of colors to get a variety of nutrients.
- Enjoy at least 3 servings of low-fat dairy products daily such as skim milk, yogurt, and lower fat cheeses such as mozzarella.
- Avoid *saturated fats* (animal fats) and *trans fatty acids* (found in processed food – labeled as hydrogenated or partially hydrogenated oil) and replace with *unsaturated fats* (olive oil, canola oil, fish, nuts, seeds).
- Choose a variety of whole grains daily (such as whole grain bread, brown rice, oats and whole wheat pasta).
- Enjoy red meat in moderation. Replace with healthier sources of protein such as nuts, beans, turkey, and chicken.
- Get plenty of fiber daily (~14 grams per 1,000 calories). Fiber is found only in plant-based foods such as fruits, vegetables, and whole grains.
- Avoid adding salt to your food. Add flavor with fresh herbs, lemon juice, or peppers.
- If you drink alcohol, do so in moderation. Work to limit yourself to 1 drink per day if you are a woman and 2 drinks per day if you are a man.
- Save sugary treats such as ice cream, cake, and candy for special occasions.
- WATER, WATER, WATER!!! Often times, dehydration is mistaken for hunger so drink plenty of water throughout the day. Increase water intake if you drink caffeine or live in a hot climate.



Enjoy a balanced diet that represents all the essential food groups daily. Avoid eating the same things everyday so you get a variety of nutrients from day to day. Think about taking a multivitamin daily for insurance, but do not use it as a supplement to eating nutritious foods.

