

# Why it's so good to get active 🍏

Now that you have the basics of eating better, let's look at the flip side to being healthy: Getting active. Moving more. Taking time to stretch those legs, breathe fresh air, maybe even start taking the whole family out for a daily walk.

Becoming more physically active, like enjoying a more balanced diet, offers many benefits, including better overall health, a higher energy level, an increase in your ability to maintain a healthy body weight, and a decrease in many of the risk factors that affect your health.

According to the American Council for Fitness and Nutrition, physical activity:

- Reduces the risk of stroke
- Reduces the risk of having a heart attack for the second time
  - Lowers "bad" cholesterol levels and increases HDL ("good" cholesterol)
  - Helps reduce blood pressure for those who have developed hypertension
    - Reduces risk of developing colon cancer
    - Helps individuals maintain a healthy body weight
      - Promotes psychological well-being and lowers feelings of stress, depression, and anxiety
      - Helps build and maintain healthy bones, muscles, and joints
        - Helps older adults become stronger and better able to move without injuring themselves
        - Reduces risk of ever developing high blood pressure, and more.



Cut whole chicken into pieces yourself, which is often less expensive than pre-cut pieces.

# Tips for fitting physical activity into your day.

The American Council for Fitness and Nutrition recommends several “Quick Tips” to include physical activity in your daily routine, at work, and at home.

## At Home:

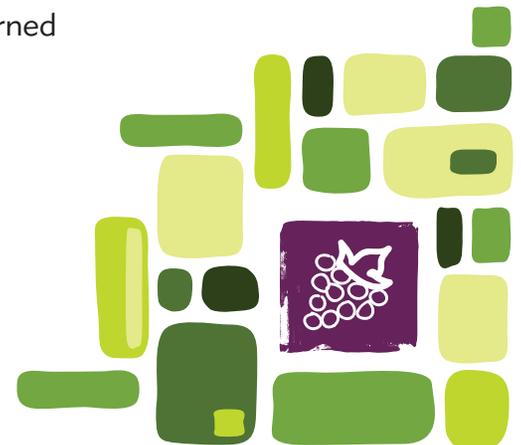
- Take a short walk. This small additional activity will keep your metabolism at a healthy rate.
- Use a pedometer; gradually work your way to 10,000 steps a day.
- While watching TV or talking on the phone, attempt to do a few sets of leg lifts or crunches.
- When shopping and running errands, choose a parking space farthest from the mall or grocery store.



Yard work and cleaning the house also count as extra physical activity.

- Mowing the lawn for half an hour = 150 calories burned
- Gardening for 30-45 minutes = 150 calories burned
- Raking leaves for half an hour = 150 calories burned
- Vacuuming for half an hour = 100 calories burned
- Washing windows for 15 minutes = 50 calories burned
- Sweeping for 15 minutes = 50 calories burned

Buy dried beans, peas, and lentils to make hearty, low-cost soups and casseroles.



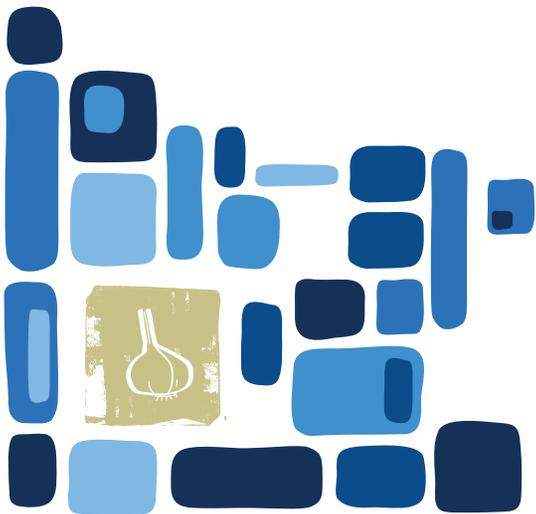
## At Work:

Some individuals work in settings that offer little or no physical activity. Remember the tips below to stay active at work.

- Instead of sending e-mails to colleagues, walk your messages to their offices.
- Get away from your office. If you must eat lunch at your desk, go outside for a 10-minute walk. This can help you avoid the post-lunch slump and tiredness.
- Be proactive and seek work-related activities like recreational sports teams.
- Take the stairs instead of the elevator. Stair-walking for 15 minutes burns 150 calories.



Use a grocery list every time you shop for food.



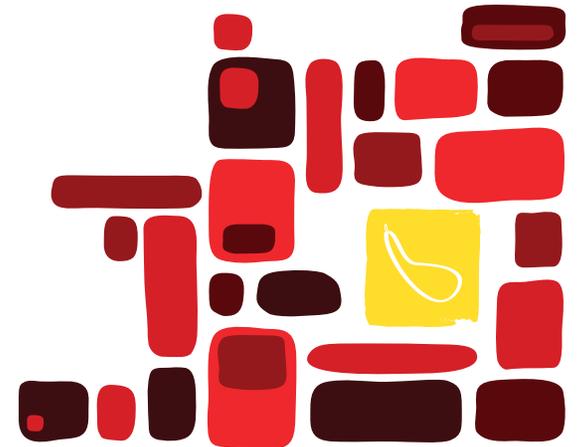
# A word of caution before beginning an exercise program 🍏

Adults who have been physically inactive for a long time should start out slow. Consider beginning an exercise program with 10-minute brisk walks daily, and then gradually increase the difficulty and length of exercise.

When you start an exercise plan, here are some very simple tips that will help you stick with it:

1. Choose something you like to do, and make sure it suits you physically. Certain exercises can improve certain ailments.
2. Get a partner. Try exercising with someone else to make the experience more fun.
3. Vary your routine. You may be less likely to get bored if you do a different exercise routine each day you work out. Consider physical activities you don't normally do to change up your routine.
4. Choose the most convenient time of day. If you know you're extremely busy in the evening, wake up early in the morning to get the exercise out of the way, and vice versa, and don't work out too soon after eating a meal.
5. Don't get discouraged. It can take weeks or months before you notice some of the changes from your exercise program. These things take time.
6. Forget "no pain, no gain." Soreness is normal after first starting an exercise program, but pain isn't. Stop if you are in pain.
7. Make exercise fun. Read, listen to music, or watch TV while riding a stationary bicycle, or walking/running on a treadmill.

Select fresh, canned, or frozen fruits and vegetables on weekly specials.

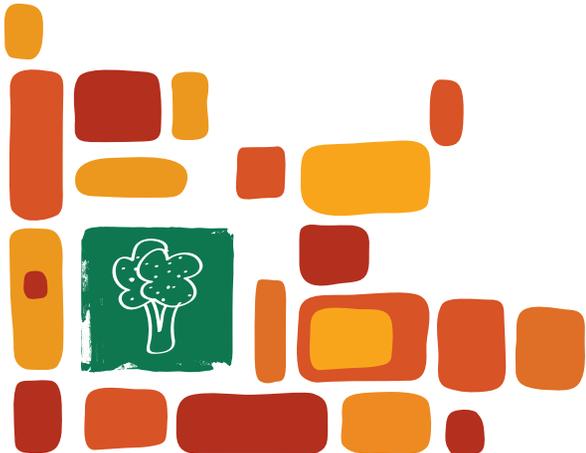


# Now that you're more active, how about your kids?

Children living in the U.S. are becoming more physically inactive every year. Watching TV and playing video games have become the norm, in place of playing games outside or riding bikes.

A child who is active will:

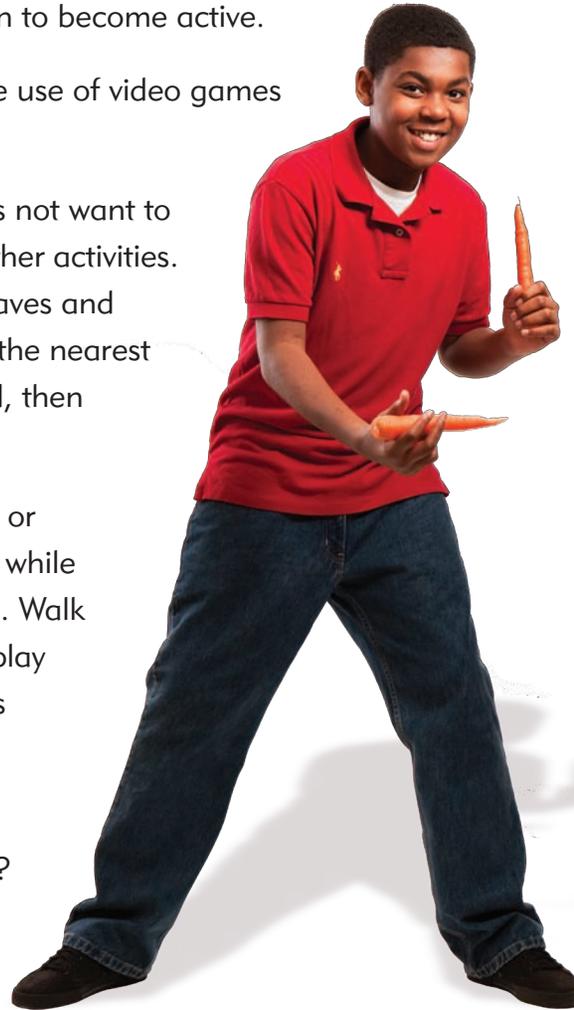
- Be less likely to become overweight
- Have stronger muscles and bones
- Have a leaner body because exercise helps control body fat
- Decrease the risk of developing type 2 diabetes
- Lower blood pressure and blood cholesterol levels
- Have a better outlook on life



Purchase only the size that you can use by that date.

# Active parents make for active kids. 🍌

- Set a good example – Active parents encourage children to become active.
- Limit TV time – Make sure you also consider limiting the use of video games and the computer.
- Promote the activity, not the exercise – If your child does not want to play sports and is not physically competitive, consider other activities. If your child enjoys art, go on a nature hike to collect leaves and rocks for a collage; if your child likes to climb, head for the nearest jungle gym or climbing wall; or if your child likes to read, then walk or bike to the neighborhood library for a book.
- Start Young – If you are designing a program for toddlers or preschoolers, let them see how much fun they can have while being active. Don't just run with them. Run like a gorilla. Walk like a spider. Hop like a bunny. Stretch like a cat. Also, play games your elementary school child loves, like tag, cops and robbers, Simon says, and red light green light.
- Lastly, make chores a family affair or turn them into a game: Who can pull the most weeds out of the garden? Who can collect the most litter in the neighborhood?



Watch for special, lower prices on meat, fish, chicken, fruits, and vegetables.