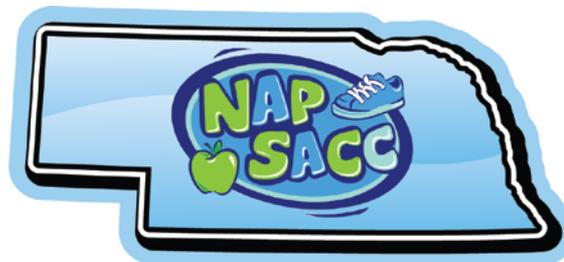


Stepping Toward a Healthy Lifestyle: Personal Health & Wellness



Partnering Organizations:



Department of Health & Human Services

DHHS

N E B R A S K A



Objectives



- Describe the components of a well balanced diet.
- Discuss the benefits of physical activity.
- List personal barriers to healthy eating and physical activity and possible solutions.
- List some simple changes participants can make right now that will help them to lead a healthier lifestyle.



ACTIVITY

Complete the “Rate Your Plate?” Worksheet



Eating a Well Balanced Diet

- Variety of foods
- More whole grains
- 3 servings of low-fat dairy a day
- 5 to 9 fruits and vegetables a day
- Lean meats and beans





Grains



- Important source of many nutrients, including dietary fiber, several B vitamins, and minerals, such as iron.
- Make at least $\frac{1}{2}$ your daily grains, whole grains!
 - Fiber!
 - May help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and Type 2 diabetes.
 - Helps you to feel full.
 - Helps maintain proper bowel function.





Dairy



- Source of calcium, potassium, and vitamin D.
- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- Switch to fat-free or low-fat (1%) milk.
- Try to get in 3 servings of low fat dairy a day.
- Examples: low fat yogurt, skim or 1% milk, and reduced fat cheese or cottage cheese



Fruits & Vegetables

WHAT'S ALL THE FUSS?

WHY SHOULD WE EAT SO MANY?





Fruits & Vegetables



- Protects against diseases, such as cancer, diabetes, & heart disease.
- The more colors you eat the better & eat all the colors of the rainbow.
- Helps us feel satisfied because of fiber and water content.
- Contains few calories and little or no fat.
 - Did you know that there is only 1 calorie in a blueberry?
 - Did you know that a 1 pound bag of baby carrots has as many calories as a single Little Debbie Nutty bar?
- Choose whole fruit over juice.



Fruits & Vegetables



Ideas to sneak more fruits & veggies in your day:

- Add vegetables to soups, sauces, pasta, & pizza.
- Carry fresh and dried with you for snacks.
- Try veggies and dip instead of chips.
- Add fruit to your cereal or oatmeal.
- Have them cut up and ready to go.



Meats & Meat Alternatives

- Grill, bake or broil meats
- Chicken and fish
- Lean cuts of red meat
 - look for the words “loin” and “round”
- Try doing a meatless meal one time per week
- Try meat alternatives such as beans, eggs, or tofu

TIP

Add an egg white to very lean hamburger – gives it moisture and flavor similar to higher fat versions.



Fats and Oils

- Limit to 35% or less of calories.
- Fat is calorie dense, which can make gaining weight easier.
 - 1 gram of fat = 9 calories versus
 - 1 gram of protein or carbohydrate = 4 calories
- It's not only the amount of fat that matters, but also the type of fat.
- The body needs some fat for the absorption of fat-soluble vitamins.



Fats and Oils



- Unsaturated fats = more “heart healthy”
 - Cook with canola oil, olive oil, or cooking spray.
 - Ex: avocados, fatty fish, nuts and seeds
- Limit saturated fats.
 - Found in animal products such as milk, cheese, meats, and butter.
- Limit trans or hydrogenated fats.
 - Found in margarines, store bought cookies, crackers, chips, and other baked goods.
- Be sure to read the nutrition facts panel and ingredient list.



Healthier Snacks

- Watch the serving size!
- Share with a friend.
- Include more fruits & vegetables.
- Keep sweets out of sight and reach.
- Remember you don't have to give up your favorite snacks though.
- Evaluate how often you are snacking throughout the day.



Reading the Nutrition Facts Label

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

| Nutrition Facts | | | |
|--|-----------------------|---------|---------|
| Serving Size 1 cup (228g) | | | |
| Servings Per Container 2 | | | |
| Amount Per Serving | | | |
| Calories 250 | Calories from Fat 110 | | |
| | % Daily Value* | | |
| Total Fat 12g | 18% | | |
| Saturated Fat 3g | 15% | | |
| Trans Fat 3g | | | |
| Cholesterol 30mg | 10% | | |
| Sodium 470mg | 20% | | |
| Total Carbohydrate 31g | 10% | | |
| Dietary Fiber 0g | 0% | | |
| Sugars 5g | | | |
| Protein 5g | | | |
| Vitamin A | 4% | | |
| Vitamin C | 2% | | |
| Calcium | 20% | | |
| Iron | 4% | | |
| * Percent Daily Values are based on a diet of other people's misdeeds. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 60g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High



Beverages

| | |
|-----------------------|------------|
| Orange juice (8 oz.) | ? calories |
| Mocha (medium) | ? calories |
| Regular cola (20 oz.) | ? calories |
| Fruit drink (16 oz.) | ? calories |
| Sweet tea (16 oz.) | ? calories |
| Whole milk (8 oz.) | ? calories |

**And for a total of
how many calories?**





Beverages

| | |
|-----------------------|--------------|
| Orange juice (8 oz.) | 110 calories |
| Mocha (medium) | 310 calories |
| Regular cola (20 oz.) | 230 calories |
| Fruit drink (16 oz.) | 220 calories |
| Sweet tea (16 oz.) | 120 calories |
| Whole milk (8 oz.) | 150 calories |

A grand total of
1,140 liquid calories!!





Re-Think Your Drink

Quench your thirst with water!

| | |
|------------------------------|--------------|
| Orange juice (8 oz.) | 110 calories |
| Non-fat latte (medium) | 160 calories |
| Diet cola (20 oz.) | 0 calories |
| Water | 0 calories |
| Unsweetened Iced Tea(16 oz.) | 0 calories |
| Non-fat milk (8 oz.) | 80 calories |

350 calories instead of 1,140 calories!

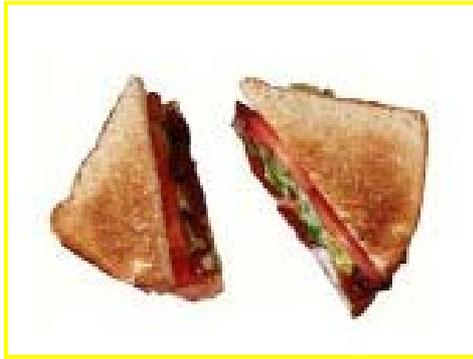
Eating Out



- When eating out we encounter large serving sizes, more beverage choices, and high fat, high calorie foods.
- Tips to combat this:
 - Ask for half portions.
 - Box $\frac{1}{2}$ of your food before you start eating.
 - Share with a friend.
 - Ask for dressing on the side.
 - Order grilled or baked instead of fried.
 - If available, look at the nutritional info.



Portion Distortion



320 calories



500 calories



140 calories



820 calories



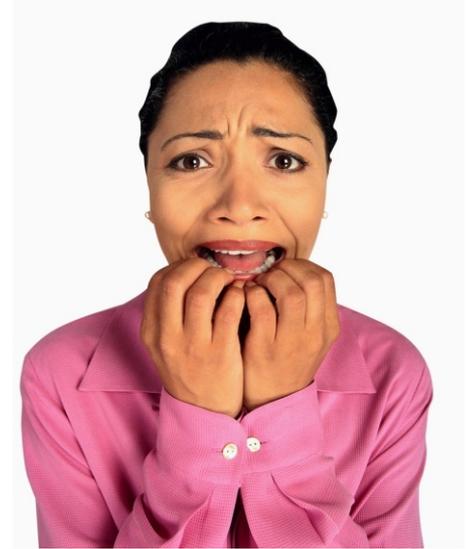
1,025 calories



350 calories

What Makes it Hard to Eat Well?

- Do you eat when you're stressed?
- Do you skip regular meals and just snack?
- Do you not like the taste of many healthy foods?



Part of learning to eat healthy is finding out WHY you don't!



ACTIVITY



Complete the “What Makes it Hard to Eat Well?” Worksheet



Fad Diets

WHAT HAVE YOU HEARD?

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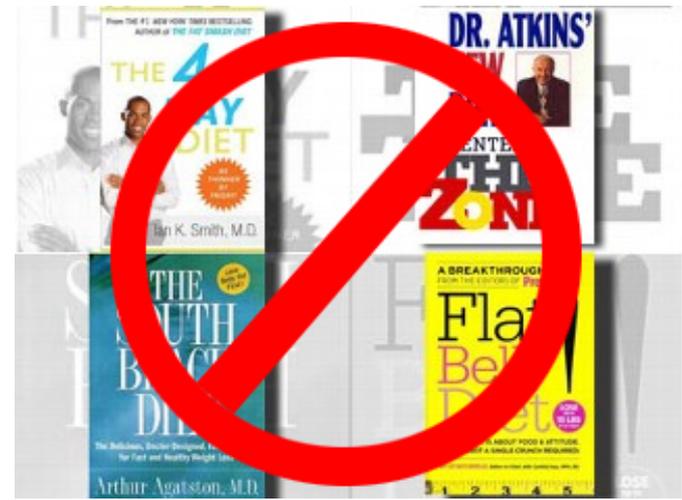


**“You’ll lose weight on any strict diet,
but it’s mostly water...from crying.”**

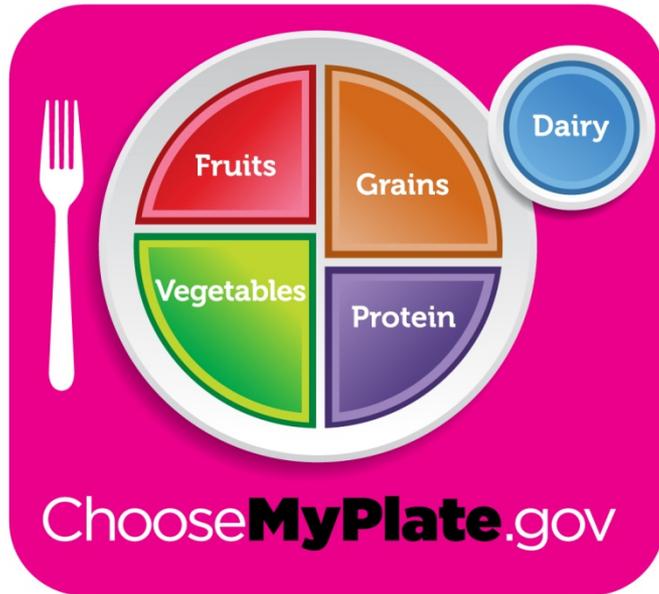


Fad Diets

- Inflexible
- Promote rapid weight loss
- Followed by rapid weight gain
- Lack certain vitamins and minerals
- Hard to stick with



Eating for your Health



- Be Flexible
- Be Sensible
- Be Realistic
- Be Adventurous

Go to www.choosemyplate.gov for more information on eating a healthy, balanced diet.



Physical Activity vs. Exercise

- These two terms describe different concepts.
- Often confused w/ one another and used interchangeably.
- **Physical Activity** is any bodily movement produced by muscles that results in your body using energy.
- **Exercise** is a subcategory of physical activity that's planned, structured, and repetitive and has a final or an intermediate objective of improving or maintaining physical fitness.



Benefits from Physical Activity & Exercise

- Increased protection from developing:
 - Heart Disease
 - High Blood Pressure
 - High Cholesterol
 - Colon and Breast Cancer
- Increased prevention and control of:
 - Type 2 Diabetes
 - Arthritis
 - Depression
 - Osteoporosis
- Increased metabolism
- Increase in muscle mass





vs.



Exercise is Medicine

“If you learned that a single prescription could prevent and treat dozens of disease, such as diabetes, hypertension, and obesity, would you prescribe it to your patients?”



Exercise is Medicine Campaign



"Exercise is the best medicine. Jump."

- To make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm in the U.S.
- For physical activity to be considered by all health care providers as a vital sign in every patient visit.
- Patients are effectively counseled and referred as to their physical activity and health needs.



Physical Activity: How much?



- Adults need at least **30 min** of **moderate** physical activity on **most if not all days** of the week or a minimum **20 min** of **vigorous** intensity activity **3 times** per week for health benefits.
- It is also recommended that **8-10 strength training exercises** be performed on **two or more nonconsecutive days** each week using the major muscle groups.
- Greater benefits come with more time & intensity.



5 Components of Fitness



- Cardiovascular or aerobic activity
- Flexibility
- Muscular Endurance
- Muscular Strength
- Body Composition



Sedentary Time

- Physical activity and sedentary are 2 separate things.
- Sedentary, independent of the exercise, is it's own problem!

“Active Couch Potato”

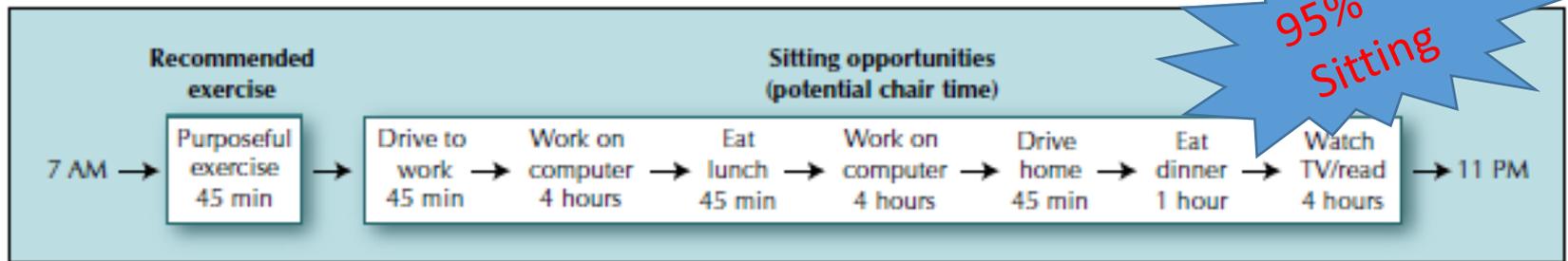


Figure 1. For an individual who sleeps 8 hours per day, the remaining 16 hours are typically filled with domestic and work duties. For this hypothetical “physically active” adult, a 45-minute exercise session of brisk walking prior to work ensures that the minimum level of purposeful exercise (30 minutes per day on 5 days per week) is achieved early in the day. However, this person then sits during the drive to work, at the computer before lunch, during lunch, at the computer after lunch, during the drive home, at dinner, and while watching TV. This hypothetical person may spend up to 95% of his waking hours sitting. However, because this person walked briskly for a sustained period of at least 30 minutes, current public health guidelines consider him “physically active.” The term *active couch potato* or *exercising couch potato* is probably more appropriate.



Brainstorm

What do you think of when
you hear
“physical activity?”



Physical Activity

- Does not have to be hard!
- Does not have to be stressful.
- All you have to do is move more!
- You can break up your 30 minutes into three 10 minute intervals each day and get the same benefit.



ACTIVITY

Complete the “Jump Start Your Physical Activity” Worksheet



What Can I Do?

- Go for a brisk walk
- Garden & yard work
- Dance
- Walk the dog
- Sit ups and push ups
- Play with the kids
indoors and outdoors



BARRIERS to EXERCISE. . . .

Let's BRAINSTORM some strategies to overcome possible barriers you may have.

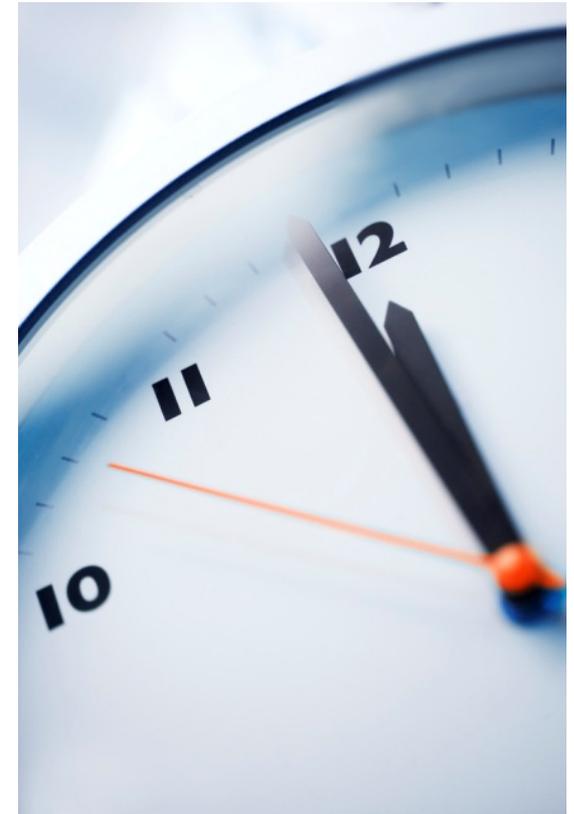


Don't let your barriers
STOP you!!



Time

- Split it up! Try 10 minutes at a time.
- Talk and walk.
- Play with the kids.
- Park farther away.
- Take the steps.
- Re-think your schedule.
- Exercise while you watch television.



Support

- Get your family involved.
- Join a club or gym.
- Take small steps on your own.
- Get a group together from work.
- Ask a friend.



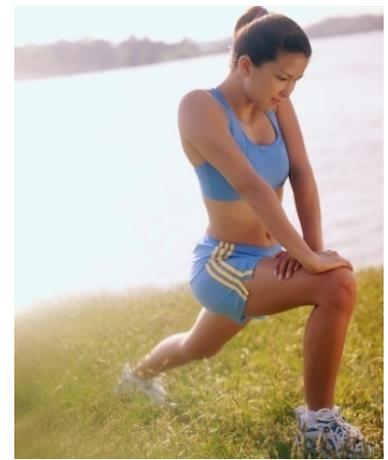
Weather



- Find a mall to walk in.
- Keep a list of rainy day activities.
- Take a brisk walk in cool weather.
- Don't let the heat beat you – carry water.



Aches & Pains



- Start slowly and work up to more.
- Include a warm-up, cool-down, and stretching.
- Ask your doctor about the best activities.
- Losing extra pounds may reduce the pain.
- Find low-impact exercises.
 - Examples: swimming/water aerobics or cycling



Cost

- You don't need a gym or fancy clothes to be active.
- Put your money in your shoes.
- Find a park, mall, or school track.
- Take advantage of local opportunities.
- Do the little things - they add up!



Hit a Plateau?

Frequency



Intensity



Time



Type



Make Physical Activity a Priority

- Pick an activity and an exercise partner.
- Set goals.
- Establish a regular schedule.
- Start slowly.
- Increase quality of life!



SMART Goals



- How would you change the following to SMART goals?
 - I am going to eat healthier.
 - I am going to lose 10 pounds.
- Share your goals with someone you trust and check in with them regularly.



ACTIVITY

Complete the “My Personal Health Goals” Worksheet



HAVE FUN!!!!

