

Activity

Include physical activity every day for more energy and to help you feel better and stronger. Make time to be active every day for 60 minutes or more!

GETTING STARTED:



Consider these questions when selecting a physical activity that is right for you.

- Is it an activity that you enjoy?
- Do you like being active alone or with friends?
- Is this an activity that you can do easily or with just a little practice?
- Will you do this activity regularly?

TYPES OF ACTIVITIES:



Physical activity improves your endurance, flexibility, strength, and self-confidence. Examples are below:

- dancing
- walking
- rollerskating
- volleyball
- skateboarding
- softball
- swimming
- ballet

Aerobic activity is any activity that keeps you breathing and moving non-stop. Include 30 minutes of aerobic activity in your plan at least 3-4 days per week. Examples are below:

- vigorous dancing
- brisk walking
- jogging
- jumping rope
- bicycling
- soccer
- swimming laps
- basketball

TO PREVENT INJURY:



- Warm up your muscles for 5 minutes with slow stretching movements.
- Start slowly and exercise at moderate intensity.
- Cool down your muscles for 5 to 10 minutes by slowing down at the end of your workout.
- Gradually increase the length of time, then the intensity of your workouts.
- Stop, if you feel muscle pain or you are out-of-breath. Consult your physician for any problems.
- Drink water regularly during workouts.

EASY WAYS TO BE MORE ACTIVE:



- Limit television to 1-2 hours per day or 8 hours per week.
- Plan family activities that everyone enjoys.
- Enjoy individual activities like walking, running, swimming, bicycling, or skateboarding.
- Join team activities like soccer, basket ball, softball, or swimming.
- Take classes in martial arts, dance, ballet, or gymnastics.
- Take part in physical activity at school.
- If you cannot be active, do anything interesting that you enjoy. Don't just sit there!

My Health Plan

HEALTHY FOODS I LIKE:		
BREAKFAST	LUNCH	DINNER

HEALTHY SNACKS I LIKE:

WAYS I CAN BE ACTIVE:

How to Make a Change

- Learn the importance of eating healthy and being active.
- Think about how good you will feel about living a healthy lifestyle!
- Determine what you need to do! What plans do you need to make? What barriers will there be?
- Make the changes! Take action! Just do it one change at a time!
- Be persistent! Keep trying! Believe and achieve!

Examples of Healthy Changes!

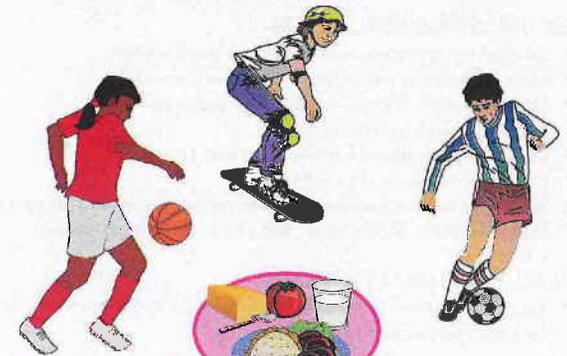
Every morning I was driven to school and I watched television every night for 3-4 hours. In one month:

- I started walking to school and began to feel stronger and more confident.
 - I am more active after school and I watch less television.
 - Now, I have more muscle, I eat healthier, and I do better in school.
- I used to drink one can of soda every day for lunch, but I switched to drinking water. In one year:
- My clothes fit better and I feel healthier.
 - One can of soda equaled 3,650 teaspoons of sugar or 292 candy bars!
 - Now I drink 8-12 cups of water or other liquids every day for good health!

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Food, Activity and You

A Guide for Better Health and Fitness



Be active everyday!

**Enjoy regular meals. Eat healthy foods and snacks.
A healthy lifestyle leads to a weight that is right for you!**

Managing Your Weight and Well-Being

BE ACTIVE

- Children and Teens: Be active for at least 60 minutes every day.
- Adults: Be active for at least 30 minutes every day.

EAT HEALTHY

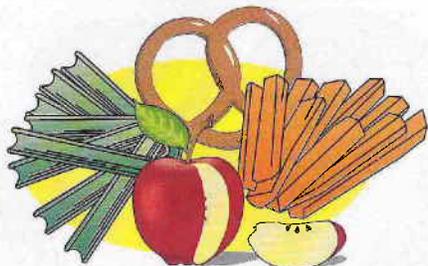
- Choose healthy foods from the Food Guide Pyramid.
- Limit foods high in sugar, fat, and calories.

SET THE STAGE FOR SUCCESS:

- Eat when you are hungry, not when you are bored or upset.
- Listen to your body signals. Stop eating when you are full.
- Use a small plate. Wait 20 minutes before getting seconds.
- Eat at the table, not in front of the T.V.
- Drink at least one glass of water before or during meals.
- Limit fast food, candy, chips and soda.
- Spend more time being active and less time watching T.V. or using the computer.
- Walk more often. Walk up stairs. Walk to a store. Walk to see friends.

PLAN YOUR MEALS & SNACKS

- Eat regular meals and plan your snacks for more energy throughout the day.
- For a good start include breakfast every day.



Snack Ideas

HUNGRY?

Veggie pizza
Bean burrito
Yogurt smoothie
Baked potato

THIRSTY?

Water
Nonfat or 1% milk
100% fruit juice
Tomato/veggie juice

CRUNCHY?

Carrot sticks
Apple wedges
Celery sticks
Pretzels

Which Foods Do You Choose?

Circle the foods you eat or drink most often.

MORE HEALTHFUL

Nonfat or 1% lowfat milk
Mozzarella cheese
Frozen yogurt/lowfat ice cream
Fruit and milk or yogurt smoothies

Baked meat, fish, poultry
Broiled meat, fish, poultry
Peanut butter
Canadian bacon or beans

Wheat toast or bagels
Pretzels or wheat crackers
Unsweetened cereals

Fresh fruit or fruit canned in juice
100% fruit juice
Frozen fruit juice bars

Water

LESS HEALTHFUL

Whole, 2%, or chocolate milk
Cheddar or Jack cheese
Ice cream
Milkshakes

Breaded meats, fish, poultry
Fried meat, fish, poultry
Bologna, salami, hot dogs
Bacon or sausage

Pastries or doughnuts
Potato chips or candy bars
Sugared cereals

Fruit canned in heavy syrup
Fruit drinks or punch
Frozen ice bars or pops

Soda, sports drinks

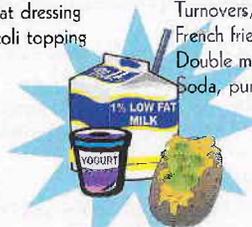
When Eating Out

MORE HEALTHFUL

Veggie pizza
Grilled, broiled or roasted chicken
Roast beef or turkey sandwich
Salad bar with low-fat dressing
Baked potato/broccoli topping
Frozen yogurt
Water or milk

LESS HEALTHFUL

Pepperoni or sausage pizza
Fried chicken nuggets or strips
Hamburger or cheeseburger
Turnovers, pie, cookies, or cakes
French fries or onion rings
Double meat burger
Soda, punch, or milkshake

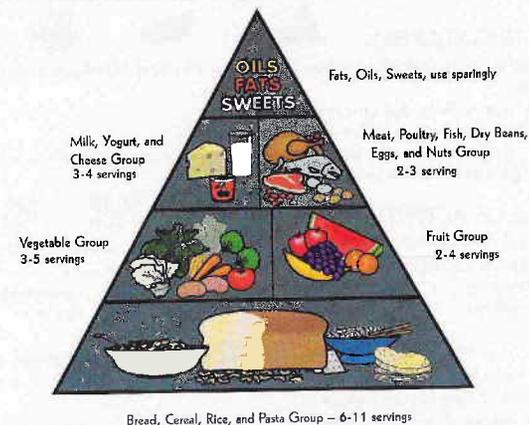


Are You Making Healthy Choices?

If most of the foods you circled were MORE HEALTHFUL you probably have healthy eating habits! But, if you chose LESS HEALTHFUL foods more often, you will want to make some improvements in the way you eat.

Your Guide to Healthy Eating

STEP 1: Compare what you eat to the Food Guide Pyramid below.
STEP 2: Aim to eat the recommended amounts from each food group.



Healthy Eating Guide

6-11 servings of BREADS, CEREALS, RICE, and PASTA especially those with whole grains for fiber like oatmeal and other whole grain cereals. (Serving equals 1 slice bread, 6" tortilla, 1/2 cup cooked cereal, 3/4 to 1 cup ready-to-eat cereal, and 1/2 cup pasta.)

3-5 servings of VEGETABLES such as those high in vitamin A like sweet potatoes, carrots, kale, turnip greens, spinach, winter squash, red bell peppers, mustard greens, romaine lettuce, and tomatoes. Mangos, papayas, apricots and cantaloupe are also high in vitamin A. (Serving equals 1/2 cup cooked vegetables, 1/2 cup beans, and 1 cup raw leafy green vegetables.)

2-4 servings of FRUITS such as those high in vitamin C like oranges, grapefruit, strawberries, papaya, kiwi, and cantaloupe. Broccoli, green peppers, and chiles are also high in vitamin C. (Serving equals 1 medium fruit, 1/2 cup fruit, 1/4 cup dried fruit, and 6 oz. fruit juice.)

3-4 servings of MILK, YOGURT, and CHEESE such as nonfat or 1% lowfat milk, lowfat ice milk, yogurt, and cheeses made with skimmed milk like mozzarella or string cheese. (Serving equals 1 cup milk, yogurt, or ice milk and 1-1/2 oz. cheese or 2 oz. American processed cheese.)

2-3 servings of MEAT, POULTRY, and OTHER PROTEINS like lean beef, chicken without skin, fish, beans, nuts, tofu and legumes. (Serving equals 2-3 oz. meat, fish, or poultry. The following equals 1 ounce of meat: 1/2 cup beans, 4 oz. tofu, or 1/3 cups nuts, and 1 egg.)

For healthy eating limit your choice of foods high in sugar, fats, and oils.
Drink at least 8 to 12 glasses (8 oz) of water or other liquids every day.
Caffeinated products like soda, coffee, and tea do not count as part of your fluid intake.