

Health Promotion in Motion

Eat Healthy, Be Active

Healthy eating and active living are major components of a healthy lifestyle. Both are key to losing weight and maintaining a healthy weight. To get started on a healthy lifestyle, move more, enjoy fruits and vegetables, tame the tube, rethink your drink, breastfeed your baby, and, chose low-calorie foods that will fill you up. Try one of these tips to get started today!



Move More

Regular physical activity helps prevent many chronic diseases, like heart disease, high blood pressure, high cholesterol, and type 2 diabetes. It also reduces the risk of anxiety and depression and helps build muscles and strengthen bones. Physical activity is an important part of weight control. What counts as physical activity? Anything you do that gets you up and moving!

- Park further away and walk to your destination.
- Take the stairs.
- Mow the lawn with a push mower.
- Rake leaves.
- Shovel the snow.
- Wash the car.
- Dance to the music.
- Walk the dog.

Enjoy More Fruits and Vegetables

Eating lots of fruits and vegetables is key to good health. It helps reduce your risk for stroke, heart disease, and some cancers. Fruits and veggies are low in calories and high in vitamins, minerals, and fiber. Aim to eat more fruits and vegetables to help replace other less healthy foods. Make them part of every meal and snack.

- Try a green salad instead of fries.
- Learn how to roast vegetables.
- Add vegetables to your favorite casserole.
- Eat two (or more) vegetables at dinner.
- Keep a bowl of fresh fruit handy for a quick snack.
- Stock up on canned and frozen fruits and vegetables.



Tame the Tube – Get Moving

Adults watch more than 2 hours of TV every day. On average, children 8 - 18 years old watch 3 hours per day. The American Academy of Pediatrics recommends no screen time for children under age two and no more than 1 - 2 hours for children two years and older. Childhood TV viewing has been linked to obesity in adulthood. TV viewing burns few calories, and meanwhile, markets unhealthy foods. Replace ½ hour a day with physical activity to get enough activity to maintain your health.

- Make a list of activities you want to do instead of watching TV.
- Take TVs out of bedrooms.
- Set clear limits and be a good role model.
- Turn off the TV at meal times.





Rethink Your Drink

Calories from drinks can add up fast. Most people do not realize how many calories are in their favorite beverages. Check the label. How many calories are in a serving? How many servings are in the bottle?

- Instead of a sugar-sweetened beverage, try one of these:
 - Water or sparkling water with fruit flavoring
 - Seltzer with a splash of fruit juice
 - Iced tea – either plain or with artificial sweetener
 - Shakes, smoothies, or iced café latte made with fat-free (skim) milk – keep your servings small and skip the ice cream and whipped cream (or the calories will add up)
 - Diet soda
- If you opt for a sugar-sweetened beverage, go for a small size

Breastfeed Your Baby

Both babies and mothers benefit from breastfeeding. According to the American Academy of Pediatrics (AAP), breastfed babies tend to have fewer ear and respiratory infections, and less vomiting and diarrhea. Research also shows that exclusive breastfeeding provides even greater protection from these illnesses than does breastfeeding combined with formula feeding. Breastfed babies are also at lower risk of childhood obesity and diabetes. When a baby is healthier, both the mother and her employer benefit through decreased absenteeism and health care costs. The AAP also states that breastfeeding moms are at lower risk of type 2 diabetes, and certain breast and ovarian cancers.



- To learn more, visit <http://www.womenshealth.gov/breastfeeding>.
- If you are a mom-to-be, ask if your employer provides moms with a flexible schedule and private room to pump breastmilk.

Eat More, Weigh Less

How can eating more food lead to weight loss? Research shows that people eat about the same amount (volume) of food from day to day. The **energy density** of that food – the calories per gram of food (kcal/gm), can vary – it depends on what foods you choose. **Calories measure energy**. Foods with lots of calories are high-energy-dense. Eating lots of high-energy-dense foods has been linked to obesity and other risk factors for type 2 diabetes, such as metabolic syndrome and elevated fasting insulin levels. **Eating low-energy-dense foods fills you up without adding lots of calories**. Here are few examples:

- Eat less fried foods, fatty meats, dry snack foods (pretzels, cookies, chips, and dried fruit), margarine, shortening, butter, doughnuts, candy bars, cakes, and pastries.
- When you do eat a high-energy-dense food, eat a smaller portion.
- Eat more fruits, vegetables, legumes, and beans.
- Eat broth-based soups instead of cream soups.
- Choose drinks without calories.
- Eat more whole grain foods, such as unbuttered popcorn, instead of refined grains.
- Cook more meals at home. Restaurants often serve high-energy-dense foods – and in oversized portions.
- Use the Nutrition Information label to calculate and compare the energy density of different foods:

calories in one serving (kcal) / weight of one serving (grams)

