



Day In Day Out

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Energize Yourself & Your Family

Get On the Move & Vow to Eat Better!

Eating healthy foods and staying physically active can help you keep up with the demands of your busy life. Moving more and eating better may help you take better care of yourself and be there for the people who depend on you.

If you are overweight and inactive, you may be more likely to develop:

- › certain forms of cancer
- › heart disease
- › high blood pressure
- › stroke
- › type 2 diabetes (high blood sugar)

Why move more and eat better?

You may improve your health if you move more and eat better, but that's not the only reason to be active and make healthy food choices. You can also:

- › charge up your body for work, play, and family
- › feel better about yourself and manage stress better
- › look better in your clothes
- › set a good example for your children and your friends
- › tone your body (without losing your curves)

Your family, friends, and coworkers can be great sources of support as you adopt healthier habits. Ask them to join you in healthy eating and physical activity. Being healthy is important for them, too! By making healthy choices together, you may find it is easier to move more and eat better.

Should I talk to my health care provider before starting an exercise program?

Most people do not need to see their health care provider before getting physically active. If you have heart disease, high blood pressure, osteoporosis (weak bones), or obesity, talk to your health care provider before starting a vigorous physical activity program.

You do not need to talk to your provider before you start a less intense activity like walking. If you have been inactive for some time, plan to walk at least twice a week for a month. Once you meet this goal, add another day or make your walk longer.

How much physical activity do I need?

Regular physical activity can be fun and help you feel great. To improve your health, aim for at least 150 minutes per week (30 minutes a day on 5 days) of moderately intense aerobic activity. This

type of aerobic activity, like brisk walking or dancing, speeds up your heart rate and breathing. To lose weight and keep it off, you may need more: Aim for 300 minutes per week (an hour a day for 5 days).

On at least 2 days per week, also try activities that strengthen your muscles. Examples include heavy gardening (digging and shoveling) and exercises that use hand weights.

For best results, spread out the physical activity throughout the week. Even 10 minutes at a time counts!

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How can I create a healthier eating plan?

A healthy meal may include vegetables and fruits and small portions of protein and whole grains (breads, pastas, and rice). Here are some ideas on how to create a healthier eating plan for you and your family.

When planning meals for the week, think about including the following:

- › a salad or other vegetables (eat “from the rainbow” of colors)
- › fat-free or low-fat milk and milk products
- › fruits (choose a variety of vibrant colors)
- › lean beef or pork, chicken, seafood, eggs, tofu, or beans
- › whole grains, like brown rice, oatmeal, whole-wheat bread, and whole-grain cornmeal

How can I handle barriers to healthy eating?

Eating healthy foods may seem hard when you do not have time to cook or you are on a tight budget. Try these tips to get past barriers that keep you from eating well.

“I don’t have time to plan healthy meals.”

Eating well doesn’t have to take a lot of time. Here are some ways that you and your family can eat better:

Fuel up every day with breakfast. Try a whole-grain cereal like bran flakes with fat-free or low-fat milk or yogurt. Enjoy some fruit with your breakfast, too, like bananas, berries, or peaches.

Invite your kids to join you on the weekend to plan, shop for, and cook a healthy family meal. Make it a game!

Children may be more likely to eat dishes that they help prepare.

When grocery shopping, choose whole grains like whole-wheat bread and brown rice. These are higher in fiber, protein, and nutrients than refined white grains. They also keep you full longer.

“Eating well is too expensive.”

You don’t have to spend a lot of money to eat well:

- › Avoid buying single portions (like pudding, snacks, or yogurt). Instead, buy in bulk and divide into smaller portions as needed.
- › Check newspaper ads for grocery specials. Clip coupons or print them from websites.
- › Buy fruits and vegetables that are in season (they are cheaper at that time).
- › Try canned beans like black, butter, kidney, or pinto beans. They are loaded with protein, cost less than meat, and make quick and easy additions to your meals.

