

AIM FOR FITNESS

Lesson 6

Eat Healthy, Stay Fit

Aim for a healthy weight. Be physically active each day.

Aim for a healthy weight.

Being overweight or obese increases your risk for high blood pressure, high blood cholesterol, heart disease, stroke, diabetes, certain types of cancer, arthritis, and breathing problems. A healthy weight is key to a long, healthy life.

Physical activity and nutrition work together for better health. For example, physical activity increases the amount of calories you use. For those who have worked at losing weight, being active makes it easier to maintain weight loss.

Physical activity and nutrition work together in another way too. Increasing the calories you use allows you to eat more, which makes it easier to get the nutrients you need. Remember to keep total calories at a level that is right for you to maintain your weight.



Advice for today.

Aim for a healthy weight. If you are at a healthy weight, try to avoid gaining weight. If you are already overweight, first aim to prevent gaining more weight. Then try and lose weight to improve your health.

Get moving. Get regular physical activity to balance calories from the foods you eat. Set a good example for children by eating healthy and enjoying regular physical activity together.

Read on to get started.

Evaluate your body weight.

For adults and children, different methods are used to find out if weight is about right for height. If you have concerns about your child's body size, talk with your health care provider.

Be Physically Active Each Day

Regular physical activity is needed to balance calories from foods you eat. Try to be more active throughout the day. MyPyramid physical activity guidelines recommend that all adults get at least 30 minutes and 60 minutes for children of moderate physical activity most or preferably all days of the week. To maintain weight loss, strive for 60-90 minutes of daily activity.

Encourage children to take part in vigorous activities and join them whenever possible. Limit the time they spend in sedentary activities like watching television or playing computer or video games. Set a good example. Arrange active family events in which everyone takes part.

Like younger adults, overweight and obese older adults may improve their health by losing weight. Staying active throughout your adult years helps to maintain muscle mass and bone strength throughout your life. You're never too old to enjoy the benefits of regular physical activity.

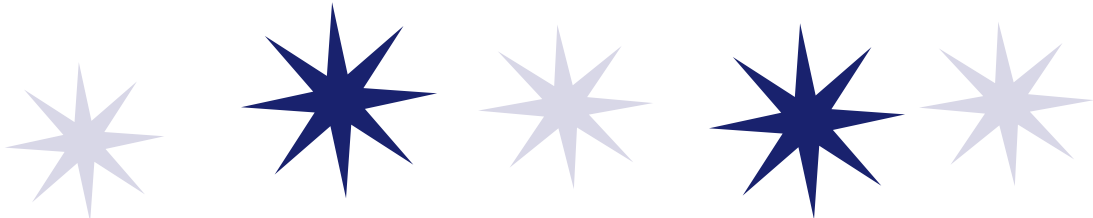
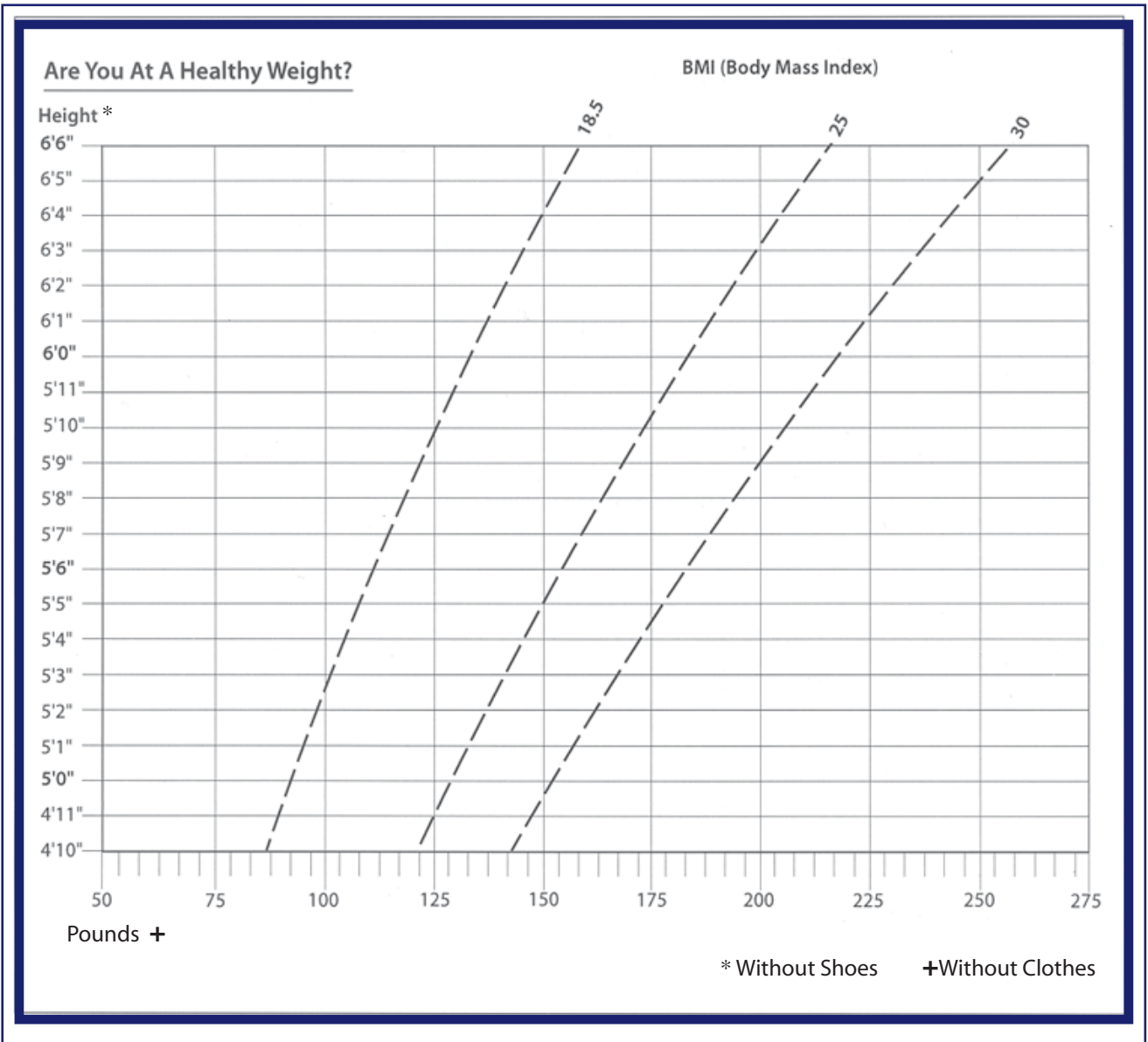
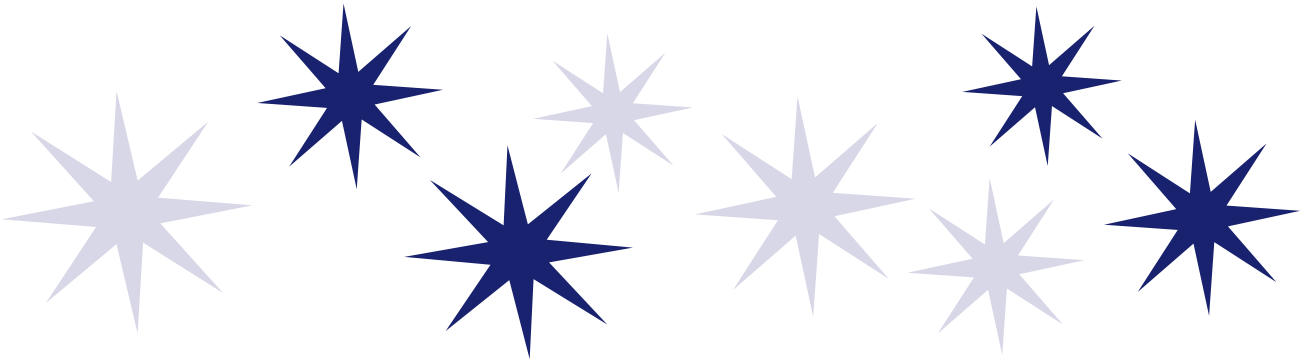


Most adults don't need to see their health care provider before starting to become more physically active. However, if you are planning to start a vigorous activity plan and have one or more of the conditions below, consult your health care provider.



- ◆ ***Chronic health problem such as heart disease, hypertension, diabetes, osteoporosis, or obesity.***
- ◆ ***High risk for heart disease***
- ◆ ***Over age 40 for men or 50 for women.***

Aim For Fitness



How to evaluate your weight for adults.

← Look at the graph to the left.

(Note: Weight loss is usually not advisable for pregnant women.)

Body Mass Index, or BMI, measures weight in relation to height. The BMI ranges shown are for adults. They aren't exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even with the healthy BMI range, weight gains can carry health risks for adults.



Directions:

Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

Healthy Weight = BMI from 18.5 up to 25

Overweight = BMI from 25 up to 30

Obese = BMI 30 or higher refers to obesity

Health Benefits of Regular Physical Activity



- ◆ Increases physical fitness.
- ◆ Helps build and maintain healthy bones, muscles, and joints.
- ◆ Builds endurance and muscular strength.
- ◆ Helps manage weight.
- ◆ Lowers risk factors for cardiovascular disease, colon cancer, and type 2 diabetes.
- ◆ Helps control blood pressure.
- ◆ Promotes psychological well-being and self-esteem.
- ◆ Reduces feelings of depression and anxiety.

Two types of physical activity are especially beneficial:

Aerobic activities - Activities that speed your heart rate and breathing. They help cardiovascular fitness.

Activities for strength and flexibility - Developing strength may help build and maintain your bones. Carrying groceries and lifting weights are strength-building activities. Gentle stretching, dancing, or yoga can increase flexibility.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000

Manage Your Weight

Maintaining a healthy weight is more about math than the promises of the latest fad diet, supplement, or other weight-loss scheme.

- ◆ When more food calories are eaten than are burned off with physical activity, weight is gained. Balancing what you eat with what you do is the key to weight management. Unfortunately, for most Americans this means *eating less and moving more*.
- ◆ The Surgeon General's recommendation of 30 minutes of moderate physical activity on most days of the week would burn the equivalent of 15 pounds a year. If you need to lose weight, do so gradually. A loss of 1 to 2 pounds per week is usually safe.

Weight Loss Math
1 pound of fat = 3,500 calories
7 days = 1 week



3,500 calories ÷ 7 days = 500 calories/day

To lose 1 pound a week:



Eat 500 less calories/day or
Eat 250 less calories/day and burn an
extra 250 calories/day

Calories Burned per Hour - It All Adds Up!



- ◆ Grocery Shopping - 175
- ◆ Washing/Polishing Car - 225
- ◆ Washing Windows - 250
- ◆ Mowing Grass (pushmower) - 400
- ◆ Walking (3.5 mph) - 300
- ◆ Shoveling snow - 600

Encourage healthy weight in children. Children need enough food for proper growth, but too many calories and too little physical activity can lead to overweight. The number of overweight U.S. children has risen dramatically in recent years. Help children to develop healthy eating habits. Make small changes. For example, serve low-fat milk rather than whole milk and offer one cookie instead of two. Encourage physical activity and discourage over-eating, particularly high calorie foods that contain little nutritional value. (What are the top five snack foods you buy?) Choose a healthful assortment of foods that include vegetables, fruits, grains (especially whole grains), skim milk, fish, lean meat, poultry, or beans. Whatever the food, eat a sensible portion.

Baked Apples



- 4 medium apples
- 4 Tablespoons raisins
- 1 cup water
- 1/2 teaspoon cinnamon

Preheat oven to 350° F. Remove core from apples, leaving 1/2 inch of the core at the bottom of the apple. Peel top one-third of apple. Arrange apples in baking pan. Put 1 tablespoon of raisins in the center of each apple. Pour water over apples. Sprinkle cinnamon over apples. Bake 45 to 60 minutes or until tender. Spoon liquid from pan over apples one or two times during baking.

Serves 4, 1 apple each
Each serving: Calories 105, Total fat 1 gm,
Saturated fat 0, Cholesterol 0, Sodium 0,
Fiber 3 gm.

Mini Goals

Mini goals are the first step in making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week.

- ◆ Evaluate your body using the BMI chart.
- ◆ Take a 10-minute walk today.
- ◆ Record your physical activity for one week.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238



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