



# Healthy Choices for Life



## Benefits of a Healthy Lifestyle

- More Energy
- Delay or reduce risk of chronic disease
- Manage chronic disease with less medication
- Quality of life

## Physical Activity

### Physical activity just means moving your body

- Physical activity and diet are important regardless of weight!
- Attaining a desirable weight isn't enough to be healthy if you didn't follow a healthy diet and be physically active to attain it.

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level or 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level.

Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time.

Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

Keep in mind that any movement is better than no movement. Encourage children and adolescents to reduce sedentary activities such as TV viewing or computer games, and replace them with physical activity.

### Aim for more steps daily!

100 extra calories/day =  
10 pound gain/year\*

2,000 extra steps (about a mile)/day  
burns 100 calories\* =  
10 pound loss/year

\*approximate figures



## INTENSITY of Physical Activity

- Moderate activity is activity in which a person feels some exertion but can still carry on a conversation comfortably during the activity.
- Vigorous activity is intense enough to represent a substantial challenge to the person and results in a significant increase in heart and breathing rate.

## Incorporating different types of physical activity is also important.



- **Aerobic activity** exercises the heart and lungs.
- **Strengthening activity** builds muscle.
- Activities that increase **flexibility** allow a person to bend joints and stretch muscles through a full range of motion.

**Most important—have fun while being active**

**Important note:** It is important to see a health care professional before beginning any new activity if you have health risks such as heart disease, high blood pressure, diabetes or obesity. Men who are older than 40 and women who are older than 40 and who are planning to do vigorous exercises should also consult a healthcare provider.

## Benefits of Physical Activity



- Makes you feel good and helps you enjoy life
- Helps you work productively
- Helps build and maintain bones, muscles, and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers the risk of heart disease, colon cancer, and Type II diabetes
- Helps control blood pressure
- Improves self-esteem and feeling of well-being
- Reduces feelings of depression and anxiety
- Helps children grow and develop
- Helps children do well in school



## Start Your Day Right with Breakfast

### The Most Important Meal of the Day

- A wake-up call for your body.
- Provides energy your body needs to get going and keep you from getting hungry later in the morning.
- Key to good performance throughout the day.



**No matter what you choose, be sure to choose breakfast!**

# Benefits of Eating Breakfast

## Breakfast eaters tend to have more:

- Strength and endurance
- Better concentration and problem-solving abilities
- Kids who eat breakfast perform better in the classroom.



## Non-breakfast eaters tend to be more:

- Tired, restless and irritable in the morning

Kids are more likely to eat breakfast if they see the adults around them eating breakfast.

## Breakfast-eaters have an easier time managing their weight

### Adults who eat breakfast are:

- Less likely to be obese
- Less likely to over-eat the rest of the day

Breakfast should provide 30% of daily energy.

Just make sure that the foods you choose are healthy, nutritious options:

- Choose high-fiber grain foods as the main part, such as **whole-grain** bread, cereal, noodles or rice
- Eat some vegetables and fruits and maybe some low-fat milk, an egg or a slice of cheese

Breakfast can be anything you would like, but it is best to make it a healthy choice.

- Avoid high-calorie, high-fat, high-sugar and high-salt foods.



## Not enough time for breakfast



Plan ahead.

- Do some preparation the night before.
- Pick "portable" breakfast foods to eat on-the-go.

## Beat-the-Clock Breakfasts

- Fruit and Nut Oatmeal
  - Add dried cranberries and almonds to instant oatmeal and microwave for 60 seconds
- Shake It Up, Baby!
  - Whip low-fat milk, frozen strawberries and a banana in a blender for 30 seconds. This is a great shake to accompany a whole-wheat bagel.
- Breakfast Taco
  - Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.
- Banana Dogs
  - Spread peanut butter in a whole grain hot dog bun, plopping in a banana, and sprinkle with raisins.



# Healthy Snacking

Most people enjoy snacking because it is a great way to refuel between meals. Healthy snacks are made up of foods from the five major food groups and help active growing children meet their increased energy and nutrient needs. Healthy snacks take some planning. The key is to have healthy foods available at home so everyone can choose snacks wisely. It is also important to show your children that you enjoy healthy snacks.

## So How Do You Snack Healthy?



- Keep it simple. A healthy snack is one that takes little preparation and is always within easy reach.
- Make fresh, canned or dried fruits accessible to children. Have a variety of colorful crunchy veggies on hand already cut up and ready to eat.
- For variety and balance, choose foods from all of the food groups for snacks that kids will enjoy.
- Stock the refrigerator or pantry with “help yourself” nutritious foods such as whole grain breads and bagels, low-fat granola or trail mix and single-serving yogurt.
- Limit fatty, sugary snacks because they offer lots of calories and very few nutrients. Snack on fruit instead of candy or fresh veggies instead of potato chips.
- Focus on choosing more grains (especially whole grains), fruits and vegetables. Snacks should provide these foods.
- Choose snacks low in fat, sodium and sugar and high in nutrient density.

## SMART SNACKS.....

- Taste good
- May include some protein, for staying power
- Are well-timed, in between meals, to help satisfy hunger
- Contribute to a consistent energy level
- Aren't a meal in themselves
- Are accessible
- Provide nutrients
- Are planned, so there are not too many or too few snacks in a day



## Snack Facts

- Snacks can contribute to your daily nutrient intake! If your meals come up short on any food group, include those foods as snacks.
- Dairy foods, fruits and vegetables are sometimes in short supply at mealtime, but can be a part of healthy snacking.
- Plan ahead by bringing snacks with you for later in the day. Often it's hard to find healthful items on the spur of the moment.
- Snack when you are hungry, not to procrastinate or alleviate boredom.
- Be aware of what you are eating.... unconscious snacking leads to overeating.
- Watch the portion size. For people who are maintaining or watching their weight, a snack should be

less than 250 calories.

- Occasionally, a high fat / high sugar snack is okay. When you do indulge, balance your daily intake by eating nutritious, lower fat meals.
- If your meals are many hours apart, snacking between meals can help prevent you from becoming over-hungry and overeating at meal time.



## Healthy Snack Choices

Next time you or your children want something to munch on, offer some of these smart snacks with color and crunch appeal and healthy beverages:

- Sliced fresh fruit
- Sliced fresh vegetables with low fat dip
- Whole grain crackers and low-fat cheese
- Low fat yogurt with cereal or fruit
- Graham crackers, oatmeal cookies or fig bars
- Baked tortilla chips and salsa
- Pretzels or popcorn
- Milk, water or 100% fruit juice



## Snack guidelines



- Two planned snacks a day
- Regular times
- Two hours before a meal
- Include two food groups
- Think about snacks as an extension of the meal plan, not something extra
- A matter of Timing
- If you wait too long to eat, you tend to overeat at the next meal
- Body needs fuel every 3-4 waking hours



## Tips for Parents



- Children over two need planned meals and healthful snacks
- Provide healthy food choices
- If you keep little or no “junk food” at home, it will be easier to make healthy choices
- Limit foods that are low in nutrients and high in fats and calories
- Avoid sweetened drinks and limit fruit juice
- Serve milk at meals and water between meals

Sources: *Healthy Eating on the Go*, University of Minnesota Extension Service; *How to Get Your Kid to Eat, But Not Too Much*, by Ellyn Satter; [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov); [www.extension.com](http://www.extension.com).