

# EATING SMART

*Even When You're Pressed for Time*

*Special thanks*

*to those who*

*participated in*

*the development*

*of this booklet.*



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FAVORABLY BY  
THE AMERICAN  
ACADEMY OF  
FAMILY PHYSICIANS  
FOUNDATION**

THIS PROJECT WAS FUNDED BY BEEF PRODUCERS THROUGH THEIR \$1-PER-HEAD CHECKOFF AND WAS PRODUCED FOR THE CATTLEMEN'S BEEF BOARD AND STATE BEEF COUNCILS BY THE NATIONAL CATTLEMEN'S BEEF ASSOCIATION.

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17-219 52001

*You've heard so much about eating right in the news, on television, and from co-workers, friends and family. And, you know that to manage your weight and feel your best it's important to engage in regular physical activity and eat a lowfat diet. Even so, with all the demands on your time, it's no easy task to act on this knowledge. To help you put these "eating smarts" into practice and become more active, Shape Up America!, the American College of Sports Medicine and the National Cattlemen's Beef Association joined forces to develop this booklet. **Eating Smart Even When You're Pressed for Time** was designed to help you identify specific steps that you can take to improve your eating and exercise habits **gradually**, and manage your weight. By setting goals that make sense for you and fit your lifestyle, you'll be able to make changes that can help you lead a longer and healthier life. All you need to get started is a few minutes and a pen.*

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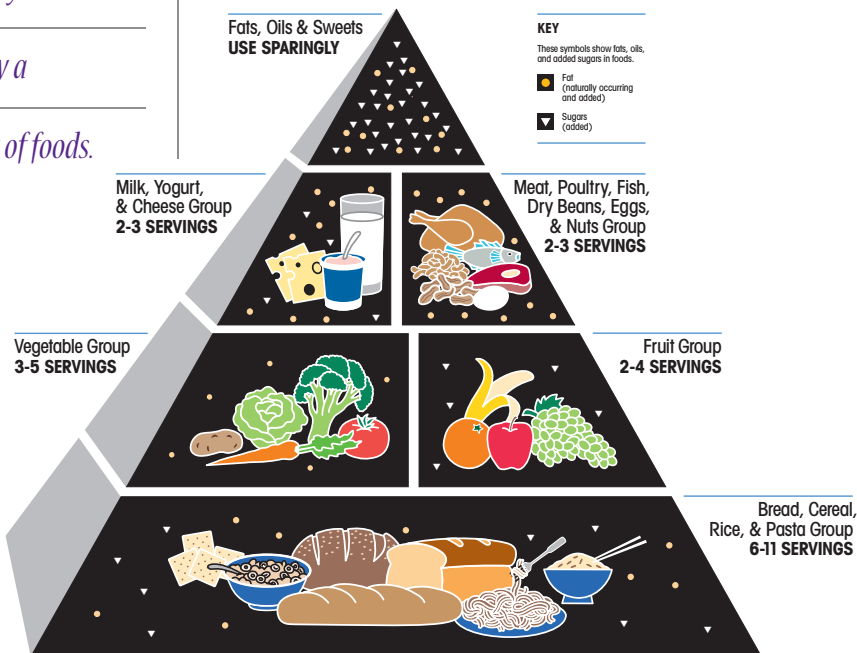
*Be Adventurous:*

*Expand your tastes*

*to enjoy a*

*variety of foods.*

The Food Guide Pyramid pictured here can give you a better sense of your overall eating habits.



Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

To "rate your plate," here's what you'll need to know:

### Five Food Groups:

**It's important to eat a wide variety of foods** from each of the following five food groups every day. That's because each group provides specific nutrients that are necessary for good health. For example, look to the:

- **BREAD GROUP**  
for complex carbohydrates, B vitamins and fiber.
- **VEGETABLE GROUP**  
for vitamin A, vitamin C, folate and fiber.
- **FRUIT GROUP**  
for vitamin C, vitamin A, potassium, folate and fiber.
- **MILK GROUP**  
for calcium, protein, vitamin A and vitamin D.
- **MEAT GROUP**  
for iron, zinc, B vitamins and protein.

*In moderation, all foods fit in a healthful diet.*

### Use Fats & Oils Sparingly:

- Cook with nonstick pots and pans.
- Use vegetable-oil cooking sprays to coat cookware lightly, if needed.
- Experiment with lowfat cooking methods. Grill, pan-broil, roast, bake, steam, microwave, stew or poach foods instead of frying them.
- Stir-fry vegetables in a small amount of water or broth instead of oil. Stir-frying can be a lowfat cooking method, and helps vegetables retain their natural colors and flavors.
- Request gravies, dressings and sauces on the side, and add to foods sparingly.
- Select lowfat, low-calorie versions; for example, choose reduced calorie or nonfat mayonnaise and salad dressing.
- Cook with ingredients such as garlic, hot and sweet peppers, and fresh ginger that add flavor without contributing extra fat.

At the tip of the Pyramid are **Fats, Oils & Sweets**. These are foods such as mayonnaise, butter, margarine, jam, syrup and salad dressing that usually are added to other items rather than eaten alone. The fats and oils in the Pyramid tip can be good sources of important nutrients such as vitamin E and essential fatty acids. However, fats and oils are high in calories and therefore should be used sparingly.

### Serving Recommendations:

To manage your weight, select an appropriate number of servings from each of the food groups. At the side of the Pyramid, serving recommendation ranges are provided—but where do **you** fall within the ranges? For the amount of food that meets your needs, choose the:

- **lower end** of the range if you are an inactive woman or sedentary older adult.
- **middle** of the range if you are an active woman or inactive man.
- **upper end** of the range if you are a very active woman or active man.



**TO BETTER UNDERSTAND SERVING SIZES**

**Think about the following when trying to visualize a serving:**

- Many single servings of food can fit neatly in the palm of your hand.
- 1 oz of cheese is about the size of one of your fingers or a 1-inch cube.
- 3 oz of boneless, trimmed cooked meat, poultry or fish is about the size of a deck of cards.

**Refer to the "Nutrition Facts" panel:**

Use the "Nutrition Facts" panel on food labels, like the one featured below, to identify what a serving size is for that food and to find out how much of a nutrient, such as fat or fiber, is in a serving.



**Macaroni and Cheese**  
Serving Size 1 cup (196g)

Amount Per Serving	
<b>Calories</b> 339	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 24mg	<b>8%</b>
<b>Sodium</b> 867mg	<b>36%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
<b>Protein</b> 14g	<b>28%</b>
Vitamin A	10%
Vitamin C	0%
Calcium	16%
Iron	14%
Thiamin	23%
Riboflavin	19%
Niacin	11%

Values are not available for fiber and sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet.

The serving sizes on the food label reflect typical portions eaten by most people, and are not the same as the serving sizes used in the Food Guide Pyramid.

**Portion Control:**

But what is a serving size? One slice of bread? Two slices? A loaf? Take a look at the following, each of which represents **one serving**:

- **BREAD GROUP**  
1 slice of bread; ½ small bagel, muffin or bun; ½ cup cooked cereal, pasta or rice; 1 oz ready-to-eat cereal (between ½ and 1 cup).
- **VEGETABLE GROUP**  
1 cup raw, leafy vegetables; ½ cup other vegetables cooked or raw; ¾ cup (6 oz) vegetable juice.
- **FRUIT GROUP**  
1 medium fresh fruit; ½ cup cut or canned fruit; ¾ cup (6 oz) fruit juice.
- **MILK GROUP**  
1 cup (8 oz) milk or yogurt; 1½ oz natural cheese; 2 oz processed cheese.
- **MEAT GROUP**  
2–3 oz cooked, trimmed, boneless lean red meat, skinless poultry or fish; 4 oz tofu; ½ cup cooked dried beans\*; 1 egg; 2 Tbsp peanut butter\*.
- **FATS, OILS & SWEETS**  
1 tsp butter, margarine, sugar or jelly; 1 Tbsp mayonnaise or salad dressing; 2 Tbsp sour cream; 1 oz cream cheese; 12 fl oz soft drink or fruit drink (punch).

\*Each of these items in the Meat Group is equivalent to 1 oz cooked red meat, poultry or fish.



*Make physical activity an important part of every day.*

*Be Realistic:*

*Make small changes*

*over time in what*

*you eat and the level*

*of activity you do.*

*After all, small steps work better than giant leaps.*

GROUP	GOALS	YESTERDAY	1 MONTH	2 MONTHS
Bread Group	6–11 servings			
Vegetable Group	3–5 servings			
Fruit Group	2–4 servings			
Milk Group	2–3 servings*			
Meat Group	2–3 servings**			
Fats, Oils & Sweets	use sparingly			

\*Pregnant or breastfeeding women, and young adults to age 24 need 3 servings.  
\*\*The total amount of these servings should be the equivalent of 5–7 ounces of cooked lean meat, skinless poultry or fish per day.

*Be Sensible:*

*Enjoy all foods,*

*just don't overdo it.*

**Rate Your Plate:**

Following a healthful diet is highly individual so let's apply this information to **you** and see how your choices stack up against the Food Guide Pyramid. Using yesterday as a reference, record the number of servings you had from each food group. Some foods may need to be recorded as a combination of food groups. For example, if you ate beef stew yesterday, record the serving information in both the vegetable and meat groups. Repeat this exercise in a month's time after you've had a chance to set goals and make some changes.



You may be surprised by the results of the **Rate Your Plate** exercise, and find that you're eating too much from one food group, not enough from another. The next few pages will focus on each food group, and help you set goals for improving your eating habits. Some of the goals will help you meet, but not exceed, serving recommendations by eating a variety of foods from each food group; others will help you make low-calorie, lowfat selections. As you set goals for yourself, keep in mind that all foods can be part of a healthful diet, as long as you keep an eye on portion sizes and number of servings.

### "RATE YOUR PLATE" BREAD SCORE



In the plate above, enter your score from the "YESTERDAY" column on page 7.

**6-11 SERVINGS  
RECOMMENDED**

### The Benefits:

Enjoy 6-11 servings from the bread group and you'll get:

- high-octane fuel in the form of **complex carbohydrates** that will help you power through even the busiest days, and keep you energized for physical activity.
- **fiber** that will fill you up, not out. Fiber also can help prevent constipation, hemorrhoids and digestive disorders, and may help control blood cholesterol and blood sugar levels when eaten in the context of a lowfat diet.

### Take Action:

Select one tip from each column to work on during the next month. Once you feel comfortable with the changes, choose another tip and repeat the process.

FIT IN THE BREAD GROUP	WATCH THE FAT
<input type="radio"/> Buy breads and hot cereals that have at least 1.5 grams of dietary fiber per serving, and ready-to-eat cereals that have at least 2.5 grams per serving.	<input type="radio"/> Select lowfat or nonfat spreads such as jam, lowfat cream cheese or ricotta as toppings for bread.
<input type="radio"/> Choose a fiber-rich breakfast with breads and cereals at least 3 times a week. On the run, take individual packages of cereal to work with you.	<input type="radio"/> Choose lowfat or nonfat snacks such as pretzels, graham crackers, ginger snaps, and baked tortilla or pita chips.
<input type="radio"/> Order sandwiches on whole-grain breads such as 100% whole-wheat, pumpernickel, rye, multigrain or bran.	<input type="radio"/> Select grains prepared using lowfat cooking methods. For example, order steamed instead of fried rice and pasta with red sauce instead of cream or white sauce.
<input type="radio"/> Be adventurous—once a week, try a different grain such as brown rice or bulgur. You'll be surprised how easy these are to find in grocery stores and prepare at home.	<input type="radio"/> Ask for sandwich spreads such as mayonnaise, butter or margarine on the side, and use sparingly. Or, try mustard.

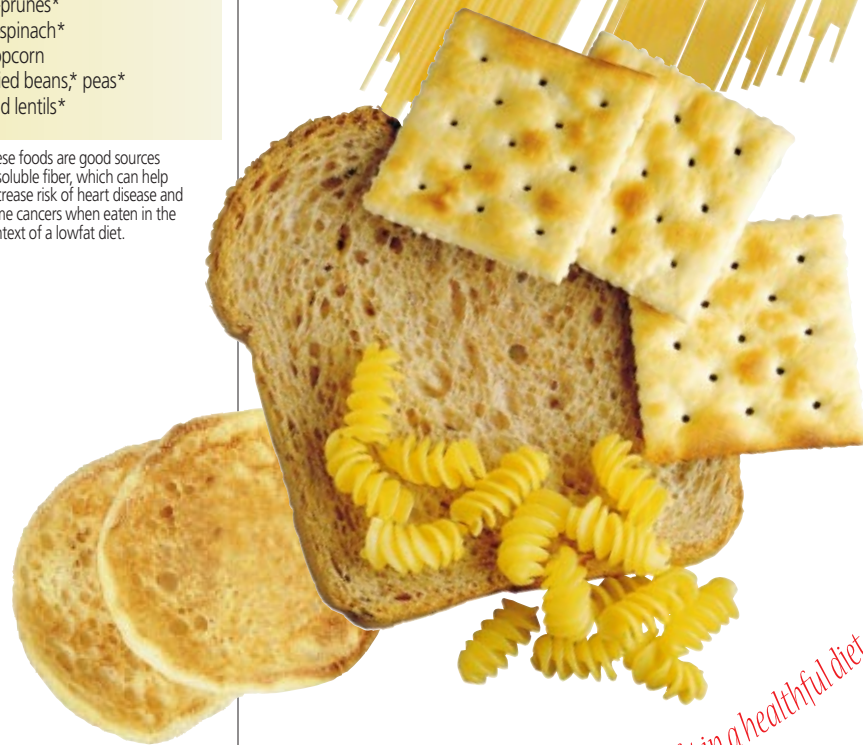


### The following foods provide fiber:

To avoid discomfort, gradually increase the amount of fiber you eat to 20-35 grams a day, and drink at least 8 cups of fluid daily—water is a great, no-calorie choice.

- barley,\* brown rice, bulgur
- whole-grain breads, rolls and muffins
- whole-grain ready-to-eat cereals
- whole grain hot cereals such as oatmeal\*
- most fruits and vegetables, including:
  - apples\*
  - broccoli\*
  - Brussels sprouts\*
  - carrots\*
  - grapefruit\*
  - oranges\*
  - prunes\*
  - spinach\*
- popcorn
- dried beans,\* peas\* and lentils\*

\*These foods are good sources of soluble fiber, which can help decrease risk of heart disease and some cancers when eaten in the context of a lowfat diet.



*In moderation, all foods fit in a healthful diet.*

**"RATE YOUR PLATE"  
FRUIT SCORE**



In the plate above, enter your score from the "YESTERDAY" column on page 7.

**2-4 SERVINGS  
RECOMMENDED**

**"RATE YOUR PLATE"  
VEGETABLE SCORE**



In the plate above, enter your score from the "YESTERDAY" column on page 7.

**3-5 SERVINGS  
RECOMMENDED**

**For Good Health:**

*Aim for "5 plus 5"—*

*5 fruits and*

*vegetables every*

*day and 5 days*

*of moderate*

*physical activity*

*each week.*

**The Benefits:**

Enjoy at least "5 a Day" (2 servings from the fruit group and 3 from the vegetable group) and you'll get:

- **great tasting** foods that are naturally low in fat and calories.
- **vitamins** such as vitamins A and C that can help reduce the risk of some cancers and heart disease. For a wide variety of nutrients, choose fruits and vegetables in a rainbow of colors.
- **convenience** that can't be beat. Most fruits and vegetables can be carried anywhere, and many require little preparation. For added convenience, wash and, if desired, cut fruits and vegetables ahead of time so that they are ready when you are.
- **fiber.** Most fruits and vegetables are good sources of fiber. Explore the wide variety of fruits and vegetables from old favorites like apples, bananas, lettuce and tomatoes to less familiar ones like mango, papaya, okra and broccoflower. See page 8 for more on fiber and its benefits.

**The following fruits and vegetables are rich in vitamin C.**

For good health, choose at least one serving a day:

- asparagus
- bok choy\*
- broccoli\*
- Brussels sprouts\*
- cabbage\*
- cantaloupe
- cauliflower\*
- grapefruit
- honeydew
- kale\*
- kiwi fruit
- mango
- mustard greens\*
- orange
- papaya
- peppers
- pineapple
- plums
- potato
- spinach
- strawberries
- tomato
- turnip greens\*
- watermelon

**The following fruits and vegetables are rich in vitamin A.**

For good health, choose at least one serving a day:

- apricots
- bok choy\*
- broccoli\*
- cantaloupe
- carrots
- collard greens\*
- kale\*
- lettuce—  
romaine, red and green leaf
- mustard greens\*
- mango
- papaya
- pumpkin
- spinach
- squash
- sweet potato
- tomato
- turnip greens\*

\*These are cruciferous (cabbage family) vegetables, which contain compounds that can help decrease risk of some forms of cancer.

**Watch for Added Fat and Calories**

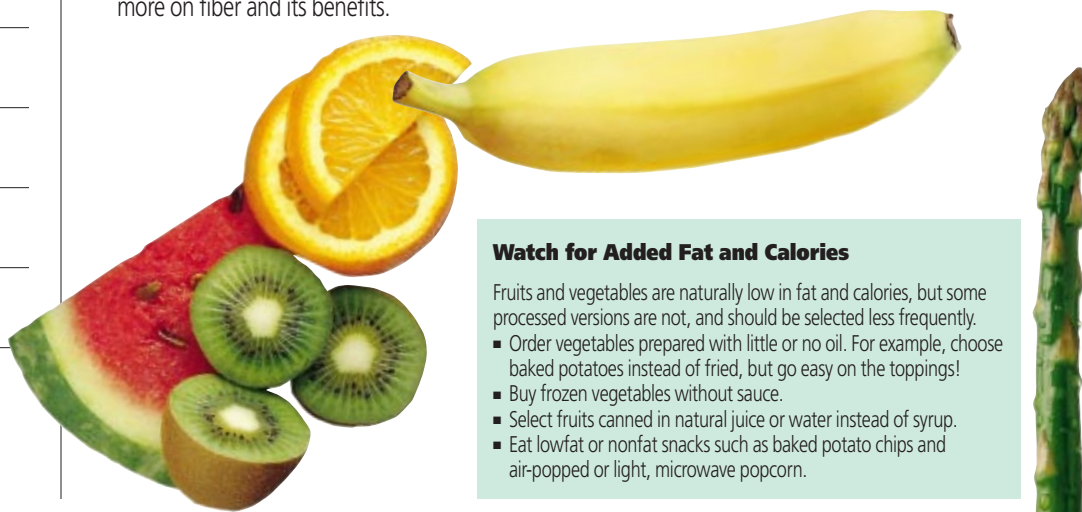
Fruits and vegetables are naturally low in fat and calories, but some processed versions are not, and should be selected less frequently.

- Order vegetables prepared with little or no oil. For example, choose baked potatoes instead of fried, but go easy on the toppings!
- Buy frozen vegetables without sauce.
- Select fruits canned in natural juice or water instead of syrup.
- Eat lowfat or nonfat snacks such as baked potato chips and air-popped or light, microwave popcorn.

**Take Action:**

Select one tip from each column to work on over the next month. Once you feel comfortable with the changes, choose another tip and repeat the process.

FIT IN FRUITS & VEGETABLES	BRANCH OUT WITH FRUITS & VEGETABLES
○ Drink a small glass of juice or eat a piece of fruit before leaving for work in the morning.	○ Eat one vitamin C-rich fruit or vegetable every day (see list).
○ Take a piece of fruit to work with you every day to eat as a snack or with lunch. Once you accomplish this goal, increase to two fruits.	○ Eat one vitamin A-rich fruit or vegetable every day (see list).
○ Start at least one meal a day with a fresh salad. For convenience at home or the office, buy pre-cut, packaged salad ingredients that can be assembled in a flash.	○ Eat at least four servings of cruciferous (cabbage family) vegetables a week. If you currently don't eat any, start by adding one a week, and build up to four (see list).
○ Choose cut-up vegetables as a daily snack. Packages of baby carrots, broccoli or cauliflower are a convenient way to get started.	○ Eat at least four servings of dark, leafy green vegetables such as spinach or kale a week. Start by adding one serving at a time, and build up to four.
○ Keep fruits and vegetables visible in your refrigerator. Make sure they're washed, cut up (if desired), and on the top shelf so that they're the easiest and most obvious thing to reach for when you open the refrigerator door.	○ Be adventurous—twice a week get creative and add fruits and vegetables to other foods. For example, mix dried cranberries or raisins into cereal or yogurt, stir fresh vegetables such as zucchini into tomato sauce, and add sugar snap peas to beef stew.
○ Display several different fresh fruits in a bowl on your table at home. Eat one fruit from the bowl every day.	○ Once every few weeks treat yourself to an exotic fruit or vegetable such as kiwi fruit, bok choy or jicama.



*Make physical activity an important part of every day.*



## "RATE YOUR PLATE" MILK SCORE



In the plate above, enter your score from the "YESTERDAY" column on page 7.

**2-3 SERVINGS RECOMMENDED**

### The following foods provide calcium:

Milk products are a particularly excellent source and, therefore, are listed first. For good health, select lowfat or nonfat milk products most often—they have less fat and saturated fat.

- milk, including lactose-reduced
- buttermilk
- yogurt
- hard cheese
- cottage cheese
- frozen milk products
- pudding
- breads fortified with calcium
- cereals fortified with calcium
- bok choy
- broccoli
- collard greens
- kale
- mustard greens
- okra
- orange juice fortified with calcium
- spinach
- turnip greens
- dried beans
- salmon, canned with bones
- sardines, canned with bones
- tofu prepared with calcium

### The Benefits:

Enjoy 2-3 servings from the milk group and you'll get:

- **calcium**, which plays a critical role in building and maintaining strong bones. Healthy bones are needed to support a strong, good-looking body that's less prone to osteoporosis. Milk products are an excellent source of calcium.
- **protein**, which is necessary to help build a strong, muscular body.



### Take Action:

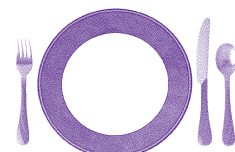
Select one tip from each column to work on over the next month. Once you feel comfortable with the changes, choose another tip and repeat the process.

FIT IN THE MILK GROUP	WATCH THE FAT
<input type="radio"/> Make it a habit to drink at least one glass of lowfat or skim milk every day.	<input type="radio"/> Switch from whole milk to 2%. Once you accomplish this goal...
<input type="radio"/> Choose one dairy snack every day such as lowfat or nonfat yogurt or lowfat cheese with crackers.	<input type="radio"/> Switch from 2% to 1% milk, and then switch from 1% to skim milk.
<input type="radio"/> Start the day with a milk product such as lowfat or skim milk with cereal at breakfast at least three times a week.	<input type="radio"/> Buy lowfat or nonfat dairy products such as cheeses, frozen desserts or yogurts. Be flexible—try a wide range of these products.
<input type="radio"/> Sprinkle lowfat cheese on soups and salads and add lowfat, sliced cheese to sandwiches.	<input type="radio"/> Add lowfat or skim milk to your coffee or tea instead of cream or half & half.



*In moderation, all foods fit in a healthful diet.*

## "RATE YOUR PLATE" MEAT SCORE



In the plate above, enter your score from the "YESTERDAY" column on page 7.

**2-3 SERVINGS RECOMMENDED**

### The following foods provide iron\*:

Meat products are a particularly excellent source and, therefore, are listed first. For good health, select lean meats and skinless poultry most often—they have less fat and saturated fat.

- beef
- veal
- pork
- lamb
- poultry
- clams
- oysters
- dried beans and peas\*
- cereals fortified with iron\*
- breads fortified with iron\*
- dried figs and raisins\*
- prune juice\*
- spinach\*

\*The iron in plant foods is less available to the body than iron from animal products. To improve iron absorption from plant sources, eat with a vitamin C-rich food.



### The Benefits:

Enjoy 2-3 servings from the meat group and you'll get:

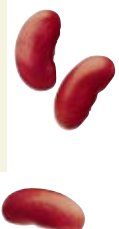
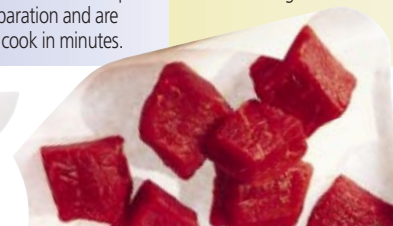
- **iron**, which helps carry oxygen to muscles to support physical activity. Iron in animal products is more readily available to the body than iron from plant sources.
- **zinc**, which can strengthen your immune system.
- **protein**, which is necessary to build a strong, muscular body.



### Take Action:

Select one tip from each column to work on over the next month. Once you feel comfortable with the changes, choose another tip and repeat the process.

FIT IN THE MEAT GROUP	WATCH THE FAT
<input type="radio"/> Experiment with new tastes and the convenience of one-dish meals. Try grilled Moroccan beef and vegetable kabobs or Italian seafood pasta.	<input type="radio"/> Order and purchase lean meats. To identify lean cuts, look for the word "loin" or "round." White meat of poultry is leaner than dark.
<input type="radio"/> Keep lowfat deli meats in the refrigerator at home and work.	<input type="radio"/> Buy tuna or sardines canned in water instead of oil.
<input type="radio"/> Add strips of grilled lean meat or sliced, skinless poultry to salads.	<input type="radio"/> Trim the visible fat from all meats before cooking, and remove the skin from poultry before eating.
<input type="radio"/> Incorporate dried beans or peas into entrees and side dishes. Try them in salads, soups and casseroles. For convenience at home, buy canned or frozen versions.	<input type="radio"/> Place meat or poultry on a cooking rack in the oven when broiling or roasting so that the drippings can be discarded.
<input type="radio"/> Buy convenient lean meat products from your supermarket such as thin-cut round tip steaks, lean ground beef, veal, pork and skinless chicken breast. These require little preparation and are ready to cook in minutes.	<input type="radio"/> When preparing beef or chicken soups or stews, allow time to cool, then skim the visible fat off the surface before reheating and serving.



*It's All About YOU:*

*Make healthy*

*choices that fit*

*your lifestyle so you*

*can do the things*

*you want to do.*



If by taking the **Rate Your Plate** quiz you've decided to make general changes in your eating habits, you may want to try some of these tips that have proven to be successful for many others:

- Start the day with breakfast—people who skip breakfast tend to overcompensate by eating more over the course of the day.
- Plan your meals and snacks. Haphazard eating often leads to overeating.
- Distinguish between hunger and other emotions. When stressed or bored, distract yourself with something other than eating: take a walk, call a friend or listen to music.
- After work, plan a transitional activity to unwind before dinner—people tend to overeat when keyed up. Exercise is a great choice that also can improve your mood.
- Drink water regularly throughout the day and before meals—for added flavor, try it with a twist! This will take the edge off hunger and help you meet the recommended minimum 8 cups of fluid a day.
- Don't deny yourself favorite foods. Be sensible, enjoy all foods in the appropriate amount and you'll be more likely to make lasting changes in your diet.
- Have a *small* snack or glass of juice to stave off hunger before arriving at a reception, or business lunch or dinner; you're more likely to overeat on an empty stomach.
- At home or receptions, serve yourself on small plates and wait 10–15 minutes to see if you're still hungry before going back for seconds.
- Drop your membership in the clean plate club. Enjoy leftovers as a snack or mini-meal on another day.
- At a buffet, survey all selections first, and then fill your plate once with only those items which interest you most.
- Start meals with low-calorie foods such as salad, fruit, or a broth-based soup.

*Be Flexible:*

*Go ahead and*

*balance what you*

*eat and the physical*

*activity you do over*

*several days.*

*No need to worry about  
just one meal or one day.*



Just as you need to strike a balance among all the demands on your time, it's important to balance the foods you eat with physical activity. The good news is that now it's easier than ever to meet exercise recommendations.

Believe it or not...

- You don't have to buy expensive work-out clothes or sweat a lot to see benefits.
- Physical activity does not have to be structured or formal to be good for you. Even everyday activities such as brisk walking, stair climbing and gardening are excellent forms of activity.
- All you need is 30 minutes of moderate physical activity on most, preferably all, days of the week to derive health benefits. However, if your goal is weight loss, you may need to exercise longer or at a higher intensity.
- You don't have to do all 30 minutes at one time. Three 10-minute sessions of physical activity can add up to the minimum 30 minutes-a-day goal.
- Be flexible. Balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.



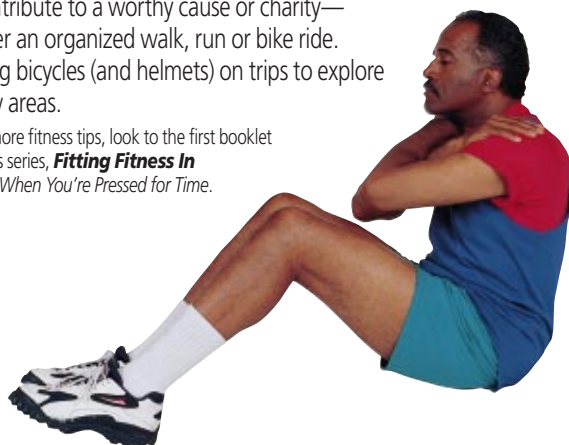
*Make physical activity an important part of every day.*

*There's Safety**in Numbers:**Enjoy**outdoor activities**with others.*

To get moving in the right direction at home and on busy workdays\*...

- Start off on the right foot by choosing activities that you enjoy; you'll be more likely to keep active on a regular basis.
- Join a health club near your home or office, and work out during your lunch hour, or before or after work. Selecting a convenient facility can lead to long-term success.
- Walk, bike or in-line skate to work as much as possible (use a helmet as appropriate), or get off public transportation several stops early, and walk the rest of the way.
- Use lunch time as an opportunity to do errands on foot.
- Walk to co-workers' offices instead of using the intercom or e-mail.
- Explore local sites on foot while away on business trips. Check with your hotel for safe walking routes you can take before meetings in the morning or in the evening.
- Pick up a new sport. For example, take tennis, golf (don't use the cart!) or martial arts lessons, or join a community sports team.
- Make yard upkeep a family activity. Instead of hiring outside help, get everyone involved in shoveling snow, mowing the lawn or raking leaves.
- Schedule walks before or after dinner, and on weekend mornings.
- Turn weekends into activity days. Check out local park trails and go hiking or biking. Pack a picnic to bring along on the outing.
- Contribute to a worthy cause or charity—enter an organized walk, run or bike ride.
- Bring bicycles (and helmets) on trips to explore new areas.

\*For more fitness tips, look to the first booklet in this series, **Fitting Fitness In** *Even When You're Pressed for Time*.

*Be Active:**Walk the dog,**don't watch**the dog walk.*

#### Physical Activity— The Potential Benefits:

- Increased self-confidence
- Easier weight control
- More energy
- Less stress and anxiety
- Improved sleep
- Healthier appearance
- Lowered risk of heart disease
- Stronger bones
- Lowered risk of diabetes
- Lowered risk of high blood pressure
- Increased quality of life

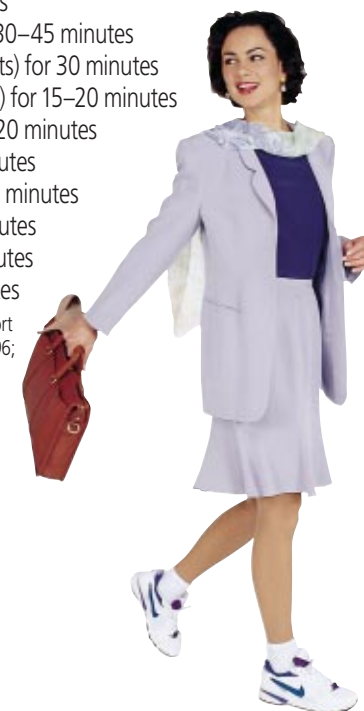
But what is moderate physical activity?

A moderate amount of physical activity is equivalent to activity that burns roughly 150 calories per day or about 1,000 calories per week. Activity durations will vary according to the intensity of the activity.

Examples include:\*

- Gardening for 30–45 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Wheeling self in wheelchair for 30–40 minutes
- Pushing a stroller 1½ miles in 30 minutes
- Running 1½ miles in 15 minutes (10 min/mile)
- Stairwalking for 15 minutes
- Playing touch football for 30–45 minutes
- Basketball (shooting baskets) for 30 minutes
- Basketball (playing a game) for 15–20 minutes
- Wheelchair basketball for 20 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Swimming laps for 20 minutes
- Water aerobics for 30 minutes
- Jumping rope for 15 minutes

\***Source:** Surgeon General's Report on Physical Activity and Health, 1996; adapted from Ainsworth BE, Haskell WL, Leon AS, et al. Compendium of Physical Activities: Classification of Energy Costs of Human Physical Activities. *Medicine and Science in Sports and Exercise* 1993; 25(1):71–80.



*In moderation, all foods fit in a healthful diet.*

**Pitfalls to watch for...**

- Skipped meals
- Irregular physical activity patterns
- Overeating on weekends or special occasions
- Overeating at get-togethers or meetings
- Eating when stressed or bored
- Not drinking enough fluids

If you are having difficulty maintaining a healthy weight, complete the following **Food & Fitness Diary** to help identify specific barriers that may be preventing you from making successful changes.

**FOOD & FITNESS DIARY**

Date \_\_\_\_\_

**Remember to Record...**

- **HOW MUCH YOU DRINK:**  
Goal: at least 8 cups of fluid a day. Remember, water is a great, no-calorie choice.
- **HOW MUCH YOU EAT:**  
Refer back to page 6 for serving information.

Make blank copies and fill out for **at least two weekdays and one weekend day** a week, so you can chart your progress. Be specific; include information on **how much, where and when** you **eat** and **drink**, and your **mood** on each occasion, and **how much time** you spend **exercising**. Also **look for trends** such as increased eating on weekend days and lack of physical activity on workdays. For further weight management guidance, contact a physician, registered dietitian or other health professional.

RECORD — BE SPECIFIC...	
BREAKFAST	
LUNCH	
DINNER	
SNACKS	
ACTIVITIES	

*Make physical activity an important part of every day.*



*In moderation, all foods fit in a healthful diet.*