STEPPING TOWARD A HEALTHY LIFESTYLE

Personal Health & Wellness

UTAH DEPARTMENT OF HEALTH
NAP SACC
TOP Star
OBJECTIVES

At the end of this workshop participants will be able to...

- Describe what it means to be overweight and how food and physical activity affect weight.
- Explain in detail how society has changed, making weight maintenance so challenging.
- List personal barriers to healthy eating and physical activity and possible solutions.
- List some simple changes participants can make right now that will have an effect on their weight.
Nutrition and physical activity BOTH play a role in our weight.
EATING FOR YOUR HEALTH

www.choosemyplate.gov
RATE YOUR PLATE

Locate and complete the handout: “Rate Your Plate”

Circle the number next to the answer that is most like you. Answer each question quickly and be honest. Then total up your points and "rate your plate".

<table>
<thead>
<tr>
<th>How many...</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Times a week do you eat fast food meals or snacks?</td>
<td>1. 4 or more</td>
</tr>
<tr>
<td></td>
<td>2. 1-3</td>
</tr>
<tr>
<td></td>
<td>3. Less than 1</td>
</tr>
<tr>
<td>Servings of fruit or vegetables do you eat each day?</td>
<td>1. 2 or less</td>
</tr>
<tr>
<td></td>
<td>2. 3-4</td>
</tr>
<tr>
<td></td>
<td>3. 5 or more</td>
</tr>
<tr>
<td>Regular sodas or glasses of sweet tea do you drink each day?</td>
<td>1. 3 or more</td>
</tr>
<tr>
<td></td>
<td>2. 1-2</td>
</tr>
<tr>
<td></td>
<td>3. Less than 1</td>
</tr>
<tr>
<td>Times a week do you eat regular snack chips or crackers?</td>
<td>1. 3 or more</td>
</tr>
<tr>
<td></td>
<td>2. 1-2</td>
</tr>
<tr>
<td></td>
<td>3. Less than 1</td>
</tr>
<tr>
<td>Times a week do you eat desserts and other sweets?</td>
<td>1. 4 or more</td>
</tr>
<tr>
<td></td>
<td>2. 2-3</td>
</tr>
<tr>
<td></td>
<td>3. 1 or less</td>
</tr>
<tr>
<td>Times do you season your vegetables with margarine, butter or lard in a week?</td>
<td>1. A lot</td>
</tr>
<tr>
<td></td>
<td>2. Some</td>
</tr>
<tr>
<td></td>
<td>3. Very little</td>
</tr>
</tbody>
</table>

Total Points

15-18 points: Nutritionist in the works!!!!!!
11-14 points: GOOD, but there's room for improvement!
10 or fewer: It's a good thing you're at this workshop!

I'm going to:
1. 
2. 
EATING A WELL BALANCED DIET

- A variety of foods
- Whole grains
- 2-3 servings of low fat dairy a day
- 5 to 9 fruits and vegetables a day
- Lean meats and beans
FRUITS AND VEGETABLES

WHAT’S ALL THE FUSS?
Why should we Eat 5 a Day?
FRUITS AND VEGETABLES

• Protect against disease
• Make us feel full
• Contain few calories and little or no fat
• Choose whole fruit instead of juice

Eat As Many Bright Colors As You Can!
FRUITS AND VEGETABLES

- Add vegetables to soups, sauces, pasta, and pizza
- Carry fresh and dried with you for snacks
- Try veggies and dip instead of chips
- Add fruit to your cereal
- Any other tips?
**BEVERAGES**

Quench your thirst with water!

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz can of cola</td>
<td>150 calories</td>
</tr>
<tr>
<td>20 oz bottle of cola</td>
<td>230 calories</td>
</tr>
<tr>
<td>8 oz cup of sweet tea</td>
<td>100+ calories</td>
</tr>
<tr>
<td>8 oz of OJ</td>
<td>110 calories</td>
</tr>
<tr>
<td>Starbucks – tall café mocha</td>
<td>310 calories</td>
</tr>
</tbody>
</table>
MEATS AND ALTERNATIVES

- Grill, bake or broil
- Chicken and fish
- Beans
- Lean cuts of meat
- Any other tips?

Eat more beans, chicken and fish!
HEALTHIER SNACKS

• Watch the serving size
• Light popcorn or pretzels
• Fruits or vegetables
• Try yogurt, low-fat cheese, whole grain crackers, or pudding made with skim milk.
• Any other tips?

Keep sweets out of reach and sight
FATS AND OILS

- Limit to 35% or less of calories
- Fat has a lot of calories in it, which can lead to weight gain
- Some fats are better than others
FATS AND OILS

Increase use of plant fats
- canola and olive oil
- avocados, fatty fish, nuts and seeds

Limit saturated fats
- margarine, lard, and butter
- meat and dairy

Limit trans or hydrogenated fats
- store bought cookies, crackers and chips
Locate and complete the handout “Guide to Healthy Serving Sizes”.

This handout reviews the serving sizes of various foods. You can use this handout as a reference to help you focus on healthy portions.

<table>
<thead>
<tr>
<th>Food</th>
<th>Think of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Your fist or deck of cards</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>Your fist</td>
</tr>
<tr>
<td>Cheese</td>
<td>2 dominos</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>2 thumb tips or a golf ball</td>
</tr>
<tr>
<td>Pasta/Rice</td>
<td>A small scoop of ice cream</td>
</tr>
<tr>
<td>Fruit</td>
<td>A baseball</td>
</tr>
<tr>
<td>½ Bagel</td>
<td>½ of a hockey puck</td>
</tr>
<tr>
<td>Butter</td>
<td>1 Thumb Tip</td>
</tr>
</tbody>
</table>
EATING OUT

- Large serving sizes
- High fat, high calorie
- More beverage choices
PORTION DISTORTION

20 Years Ago
140 calories
3-inch diameter

Today
350 calories
6-inch diameter

Calorie Difference: 210 calories
PORTION DISTORTION

20 Years Ago

320 calories

Today

820 calories

Calorie Difference: 500 calories
PORTION DISTORTION

20 Years Ago

500 calories
1 cup spaghetti with sauce and 3 small meatballs

Today

1,025 calories
2 cups of pasta with sauce and 3 large meatballs

Calorie Difference: 525 calories
TIPS WHEN DINING OUT

• Ask for half portions
• Share with a friend
• Ask for dressing on the side
• Order grilled or baked instead of fried
• Any other tips?
ACTIVITY

Locate and complete the handout: “What Makes It Hard to Eat Well”.

Read the statement about reasons why it is hard to eat well. Which ones can you relate to? If you think “that’s me”, circle it. Then look at the tips next to each barrier, and make a star next to the ones you want to remember. Try and think of other suggestions that might help you, too.
WHAT HAVE YOU HEARD?

“You’ll lose weight on any strict diet, but it’s mostly water...from crying.”
FAD DIETS

- Inflexible
- Rapid weight loss
- Followed by rapid weight gain
- Lack certain vitamins and minerals

Go to choosemyplate.gov or www.americanheart.org for more information on eating a healthy, balanced diet.
EATING FOR YOUR HEALTH

• Be Flexible
• Be Sensible
• Be Realistic
• Be Adventurous
PHYSICAL ACTIVITY: BENEFITS

Increased protection from developing
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Colon and Breast Cancer

Increased prevention and control of
- Type 2 Diabetes
- Arthritis
- Depression
- Osteoporosis

Increased metabolism
PHYSICAL ACTIVITY: HOW MUCH?

• Adults need at least 30 min of moderate physical activity on most if not all days of the week or a minimum 20 min of vigorous intensity activity 3 times per week.

• It is also recommended that 8-10 strength training exercises be performed on two or more nonconsecutive days each week using the major muscle groups.
What do you think of when you hear “physical activity?”
PHYSICAL ACTIVITY

- Does not have to be hard
- Does not have to be stressful
- All you have to do is move more!
- You can break up your 30 minutes into three 10 minute intervals each day
BREATHING, LIFTING, STRETCHING

Being active means allowing your body to "practice" breathing, stretching, and lifting. The more practice your body gets, the better it works.

Think about doing things in three areas:

• Aerobic activity
• Muscle strength
• Stretching
ACTIVITY

Please locate and complete the “Physical Activity Barriers” handout.

Brainstorm a list of the barriers stopping you from being more physical active. Think of at least one way to overcome each of the barriers you face.
I DON’T HAVE 30 MINUTES A DAY TO EXERCISE

• Split it up! Try 10 minutes at a time
• Talk and walk
• Play with the kids
• Park farther away
• Take the stairs
• Clean the house
• Exercise while you watch television
“MY FRIENDS AND FAMILY AREN’T ACTIVE”

- Get them involved
- Join a club
- Take small steps on your own
- Get a group together from work
- Ask a friend
“I GIVE UP WHEN THE WEATHER IS BAD”

- Find a mall to walk in.
- Keep a list of rainy day activities
- Take a brisk walk in cool weather
- Don’t let the heat beat you - carry water
“I HAVE TOO MANY ACHES AND PAINS”

- Start slowly and work up to more
- Stretch before and after
- Ask your doctor about the best activities
- Losing extra pounds may reduce the pain
“EXERCISING COSTS TOO MUCH”

• You don’t need a gym or fancy clothes to be active
• Put your money in your shoes
• Find a park, mall, or school track
• Take advantage of local opportunities
• Do the little things - they add up!
WHAT CAN I DO?

- Go for a brisk walk
- Garden
- Dance
- Walk the dog
- Sit ups and push ups
- Play with the kids inside and out
JUMP START YOUR PHYSICAL ACTIVITY

What can you do to increase your physical activity level?
SUMMARY

• Find ways to overcome your barriers to eating well and being active

• Be creative and have fun eating healthy foods!

• Be active throughout the day and choose activities you enjoy

• Remember, even the most simple changes can make a difference!