

Exercise and Physical Activity

In addition to healthy eating patterns, exercising and increased physical activity promotes healthy living and good health. Adults who are physically active are healthier and less likely to develop many chronic diseases than adults who are inactive. They also have better fitness, including a healthier body size and composition. Choosing activities that are enjoyable will promote consistent physical activity on a regular basis.

Image from: www.entifit.com

TYPES OF ACTIVITY

Aerobic Activities

Moderate Intensity:

Walking briskly (3mph or faster/not race walking)

Water aerobics

Bicycling slower than 10mph

Tennis

Ballroom dancing

General gardening

Vigorous Intensity:

Race-walking, jogging, or running

Swimming laps

Aerobic dancing

Bicycling 10mph or faster

Jumping rope

Heavy gardening (continuous digging or hoeing)

Hiking uphill or with a heavy backpack

Muscle-Strengthening Activities

Objective: make muscles do more work than they are accustomed to doing like:

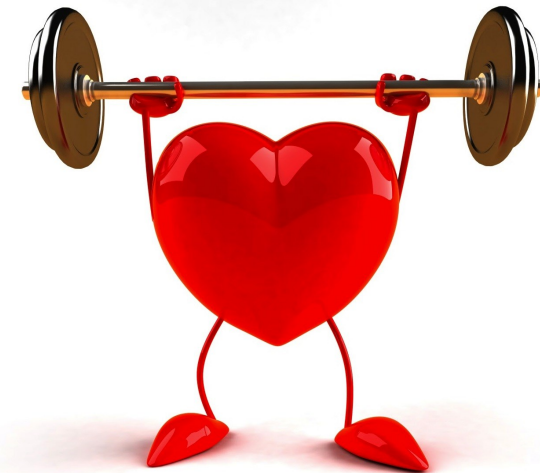
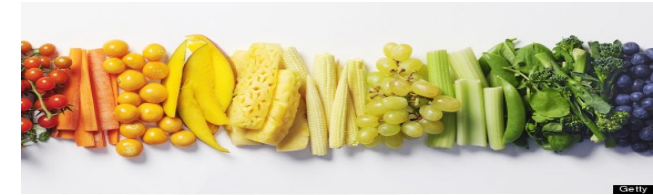
Resistance training, including weight training, resistance bands, doing calisthenics that use body weight for resistance (such as push-ups, pull-ups, and sit-ups), carrying heavy loads, and heavy gardening (such as digging or hoeing).

USDA's Physical Activity Guidelines for Americans

Recommended values for physical activity according to age from the USDA's Federal Physical Activity Guidelines for Americans

Image: www.amazon.com

Age	Recommendations
6-17 Years	<p>60 minutes or more physical activity</p> <ul style="list-style-type: none"> Aerobic: 60 or more minutes, Moderate – Vigorous intensity, and should include vigorous intensity physical activity at least 3 days/week Muscle-strengthening: as part of their 60 min a day. Muscle strengthening at least 3 days/week Bone strengthening as part of their 60 min a day. Done at least 3 days/week
18 – 64 Years	<ul style="list-style-type: none"> For substantial health benefits, adults should do at least 150 minutes a week of moderate intensity, or 75 minutes/week of vigorous intensity aerobic physical activity. This activity should be done in no less than 10min increments and spread throughout the week For extensive health benefits increase aerobic physical activity to 100 min/week of moderate intensity or 150 min/week of vigorous intensity aerobic activity Adults should also include muscle strengthening activities that involve all major muscle groups on 2 or more days/week
65 Years and Over	<ul style="list-style-type: none"> When older adults cannot meet the adult guidelines, physical activity should be done as their abilities and conditions permit. Always consider risks and safety



HEALTHY EATING AND EXERCISE



Healthy choices for LIFE

Image from: www.tes.com

Living Healthy

Adopting a healthy lifestyle that includes healthy eating and exercising has been proven to reduce the chances of developing chronic diseases, and promotes good health and quality of life.

The Centers for Disease Control and Prevention reports:

- As of 2012, about half of all adults—117 million people—had one or more chronic health conditions. One of four adults had two or more chronic health conditions.
- Seven of the top 10 causes of death in 2010 were from chronic diseases. Two of these chronic diseases—**heart disease** and **cancer**—together accounted for nearly 48% of all deaths.
- More than one-third of adults, or about 78 million people, are **obese** and nearly one of five youths ages 2–19 years are obese.
- Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.

Image from: www.huffingtonpost.com

Healthy Eating Patterns

According to the dietary guidelines from the US Department of Health and Human Services there is evidence that shows healthy eating patterns are associated with reducing cardiovascular disease, diabetes, and obesity, evidence also suggests that relationships may exist between eating patterns and some neurocognitive disorders and congenital anomalies.

Healthy eating patterns incorporate a variety of foods.

A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables

Fruits, especially whole fruit

Grains, at least half of which are whole grain

Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages

A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds

Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados. (Office of Disease Prevention and Health Promotion)



Daily Serving Amounts							
Calorie Level of Pattern ^a	1,000	1,200	1,400	1,600	1,800	2,000	2,200
Food Group^b	Daily Amount^c of Food From Each Group (vegetable and protein foods subgroup amounts are per week)						
Vegetables	1 c-eq	1½ c-eq	1½ c-eq	2 c-eq	2½ c-eq	2½ c-eq	3 c-eq
Dark-green vegetables (c-eq/wk)	½	1	1	1½	1½	1½	2
Red and orange vegetables (c-eq/wk)	2½	3	3	4	5½	5½	6
Legumes (beans and peas) (c-eq/wk)	½	½	½	1	1½	1½	2
Starchy vegetables (c-eq/wk)	2	3½	3½	4	5	5	6
Other vegetables (c-eq/wk)	1½	2½	2½	3½	4	4	5
Fruits	1 c-eq	1 c-eq	1½ c-eq	1½ c-eq	1½ c-eq	2 c-eq	2 c-eq
Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq
Whole grains ^d (oz-eq/day)	1½	2	2½	3	3	3	3½
Refined grains (oz-eq/day)	1½	2	2½	2	3	3	3½
Dairy	2 c-eq	2½ c-eq	2½ c-eq	3 c-eq	3 c-eq	3 c-eq	3 c-eq
Protein Foods	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5½ oz-eq	6 oz-eq
Seafood (oz-eq/wk)	3	4	6	8	8	8	9
Meats, poultry, eggs (oz-eq/wk)	10	14	19	23	23	26	28
Nuts seeds, soy products (oz-eq/wk)	2	2	3	4	4	5	5
Oils	15 g	17 g	17 g	22 g	24 g	27 g	29 g
Limit on Calories for Other Uses, calories (% of calories)^{e,f}	150 (15%)	100 (8%)	110 (8%)	130 (8%)	170 (9%)	270 (14%)	280 (13%)

Image from: USDA; 2015-2020 Dietary Guidelines for Americans, 8th edition