

# Being Fit: Eating Better & Moving More

Teresa B. Fair, RD, LD

ADPH

Nutrition & Physical Activity  
Division

# Focal Points

- Differences between nutritional and physical fitness
- State obesity rates and how being fit can affect rates
- Practical approaches to being fit
- Serving as role models....setting the fitness example

# Get a (Healthy) Life

- The goal of the program is to educate young men and women about healthy choices and to encourage them to make healthy choices early in life for a better future.
- Part of getting healthy is getting fit –being fit!





# What is Nutritional Fitness?

- getting vitamins, minerals and other nutrients necessary to help the body repair after damage, protect DNA from free radicals and prevent obesity
- What this really means:  
Eating a variety of foods, in moderation(the foods you need, including some of the ones you want) to help the body do what it needs to do when it needs to do it

# What is Physical Fitness?

- ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and respond to emergencies
- What this really means:  
Being able to do what you want and need to do and not be too tired while doing it – especially when it's an emergency

# Together this means.....

- Eating a variety of foods, in moderation, to protect us from hurt and harm and having the energy to enjoy life to the fullest



**Why should this is  
matter?**



# Alabama's Health

- In Alabama, over half of the top ten (10) **leading causes of death** are associated with lifestyles.
- Top three leading causes in Alabama:
  - ❖ heart disease
  - ❖ cancer
  - ❖ stroke
- Closely associated with nutrition, physical activity, and tobacco

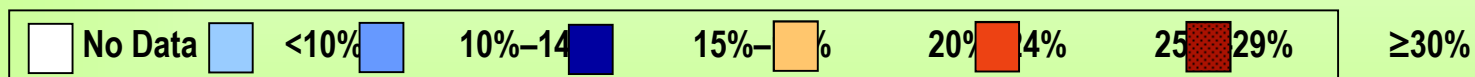
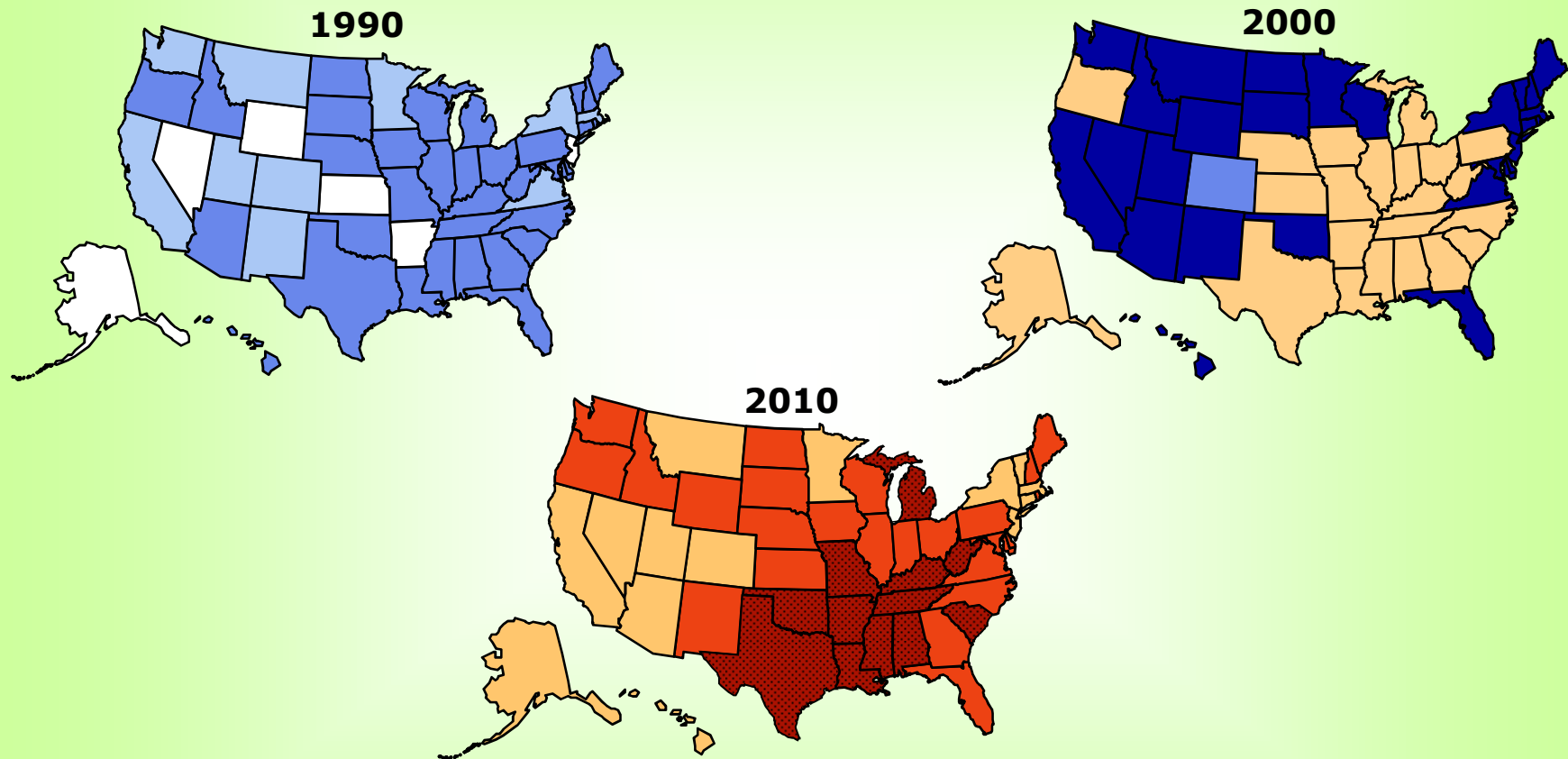
# Alabama's Health

- High rates of obesity in Alabama are well established
- Adults – **33%**
- Children – **17.9%**
- Ranked **2<sup>nd</sup>** fattest state in the nation

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 2000, 2010

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



**What's happened?**




**AN UNWANTED SIDE EFFECT OF YOUR FAVORITE FOOD.**  
 90% OF PEOPLE WITH TYPE TWO DIABETES ARE OVERWEIGHT.

Together  
 One LIFE AT  
 A TIME  
 WWW.TOGETHERONE.COM



**A LITTLE EXERCISE WON'T HURT YOU. NONE WILL.**

OBESE WOMEN HAVE HIGHER  
 RATE OF DEATH IN THE STATE  
 OF ALABAMA.

Together  
 One LIFE AT  
 A TIME  
 WWW.TOGETHERONE.COM

# **Obesity is Complex**

## **Dietary Habits Are Important**

- In Alabama, 78.9 % of adults do NOT eat 5 servings of fruits and vegetables a day.





# Obesity is Complex

## A Sedentary Society Burns Fewer Calories

- Contributories
  - Automobiles
  - Television
  - Computers
  - Convenience Engineering
  - Built Env.
  - Human Nature



# Physical Activity is Important

- In Alabama, 59.6% of adults do NOT get 30 minutes or more of moderate activity on 5 or more days of the week.





# Sedentary Students in Alabama



- 81% of youth do NOT get moderate physical activity 30 minutes or more on 5 days or more of the week
- 59% of youth were not enrolled in physical education classes

# Sedentary Students in Alabama

- 41.7% of youth watched three or more hours of television a day
- Over 2 hours a day is related to obesity



# **Possible Solution/Practical Approach**

- **Change your mindset!**

# **How do you measure success?**

- **When it comes to weight control and health, most of us get on a scale to see how we are doing.**
- **Many of us think we have to be thin to be healthy, so we use our weight on the scale as the ONLY measure of our health.**

**But, we're better off measuring our success by our lifestyle habits and the choices that we make.**

# **Questions to ask yourself.....**

- **Are you eating well to be fit?**
- **Are you moving more to get fit?**
- **Are you feeling good about yourself?**

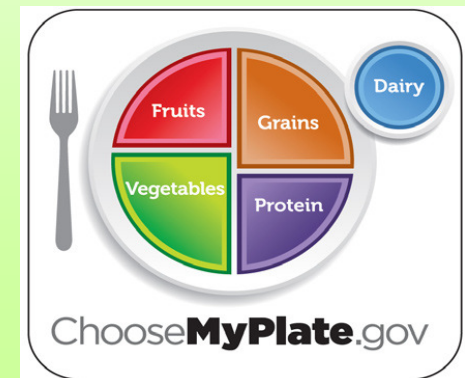
**These are the steps that ultimately lead to  
feeling good, being fit, and looking good!**

## **HEALTHY SUCCESS**

**Eat Better!**

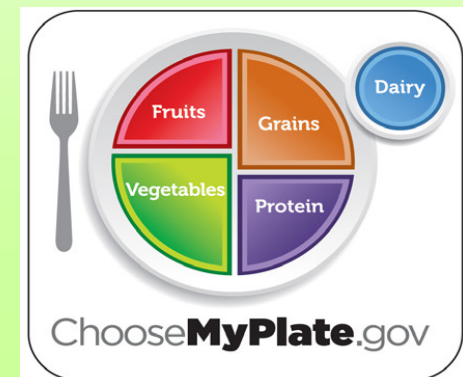
# Eat Better!

- ***2010 Dietary Guidelines for Americans***
  - *Balance calories*
  - *Enjoy your food, but eat less*
  - *Avoid oversized portions*
  - *Make half your plate fruits and vegetables*
  - *Switch to fat-free or low-fat (1%) milk*



# Eat Better!

- ***2010 Dietary Guidelines for Americans***
  - *Compare sodium in foods like soup, bread, and frozen meals- and choose the foods with lower numbers*
  - *Drink water instead of sugary drinks*
  - *Make at least half your grains whole*
  - *Vary your protein food choices, eating lean meats and beans more often*





# **Eat Better: Fruits & Veggies**

**When was the last time your food  
“crunched”?**

- **Variety**
- **Make colorful choices**
- **All forms count**
- **Try new recipes**



# **Eat Better!**

**How many do you need each day?**

- **Remember “More Matters”**
- **Adult men and women 4-5 cups/day**
- **About the same for older children**
- **What is 1 cup?**



- **What is ½ cup?**



# Eat Better!

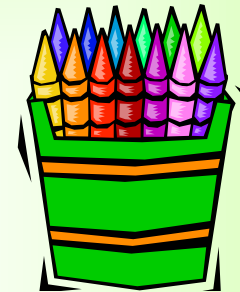
- 1 cup



- 1/2 cup



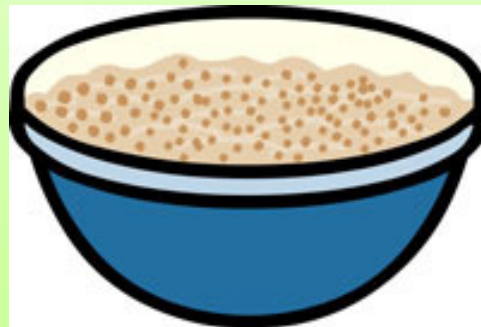
**“For optimum health,  
scientists say eat a  
rainbow of colors.  
Your plate should  
look like a box of  
Crayolas.”**



*~Janice M. Horowitz,  
TIME, January 12, 2002*

# **Eat Better: Grains**

- **Make half your grains whole**
  - **Eat at least 3 ounces of whole grains foods**
  - **1 ounce = 1 slice of bread, 1 cup cereal, or ½ cup cooked rice or pasta**
  - **Look for “whole” in the ingredient label**





# Eat Better: Dairy



Consume 3 cups  
per day of **fat-free or  
low-fat** milk or equivalent  
milk products:

For children ages 2 to 8,  
it's 2 cups per day

For information about non-dairy sources  
of calcium, see [choosemyplate.gov](http://choosemyplate.gov)

# Eat Better: Dairy

## Equivalents:

- 8 ounces milk (1 cup)
- 1 cup yogurt
- 1½ ounces natural or 2 ounces processed cheese



Photo: Courtesy of National Dairy Council®

Save calories by switching to a lower fat milk with fewer **extra calories!**



**Whole**

**Calories  
saved:**



**2%**

**40**



**1%**

**65**



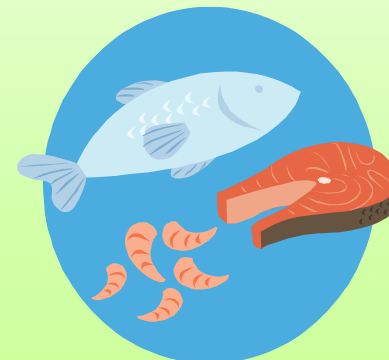
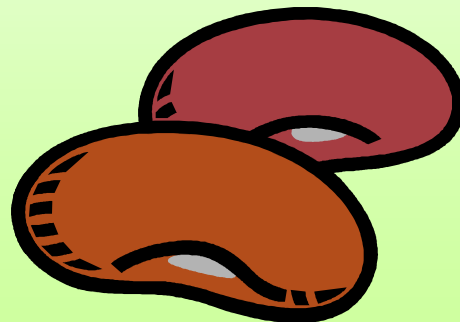
**Fat Free**

**80**



# Eat Better: Protein

- **Go lean with protein**
  - Choose lean meats and poultry
  - Bake, grill, broil
  - Vary protein sources – fish, beans, peas, nuts, and seeds



# Eat Better: Portion Control

- Control the amount of food that you eat by watching your portion sizes

## Nutrition Facts

Serving Size 1 Tbsp (14g)

Servings Per Container: 32

Amount per serving

**Calories** 100 **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g 17%

**Saturated Fat** 4g\*\* 20%

**Cholesterol** 4g 0%

**Sodium** 115mg 5%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g

Sugars 4g

**Protein** 7g

Vitamin A 6%

Not a significant source of dietary fiber, sugars, vitamin C, calcium or iron.

\*\* Includes 2 g trans fat

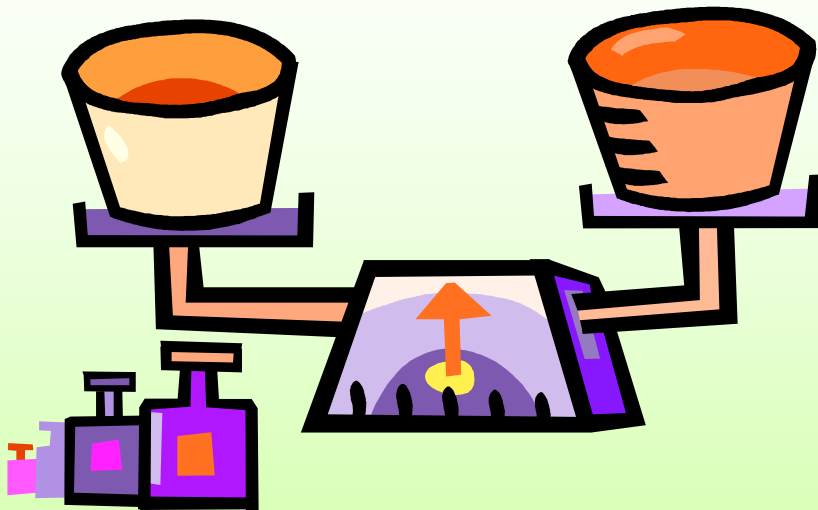
# **Eat Better: Portions away from home**

- **Share your meal** , order half portion, or an appetizer as main meal
- **Take half or more of your meal home.** Request a to-go container when the meal arrives.
- **Stop eating when you begin to feel full.**
- **Avoid large beverages, such as "supersize" soft drinks.**
  - Drink water

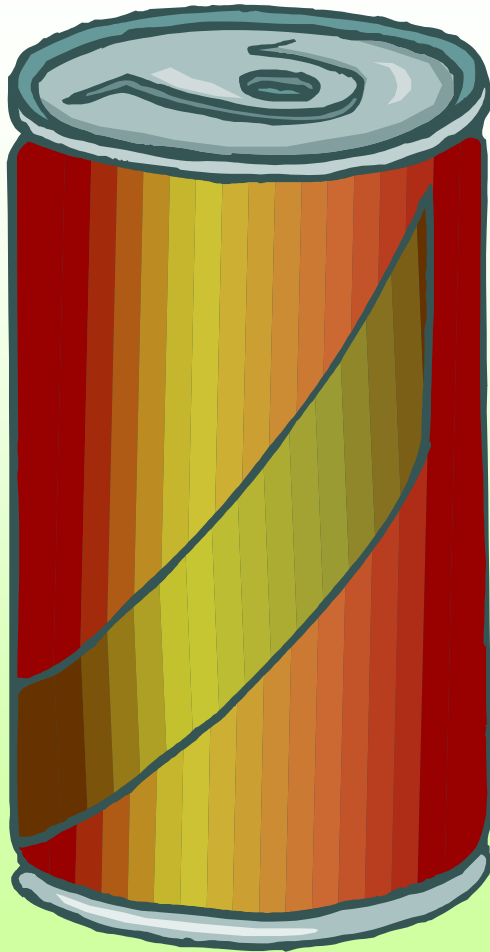
# Small choices = big difference

100 *extra*  
calories per day

10 pound  
weight gain per year



# Examples of 100 calories

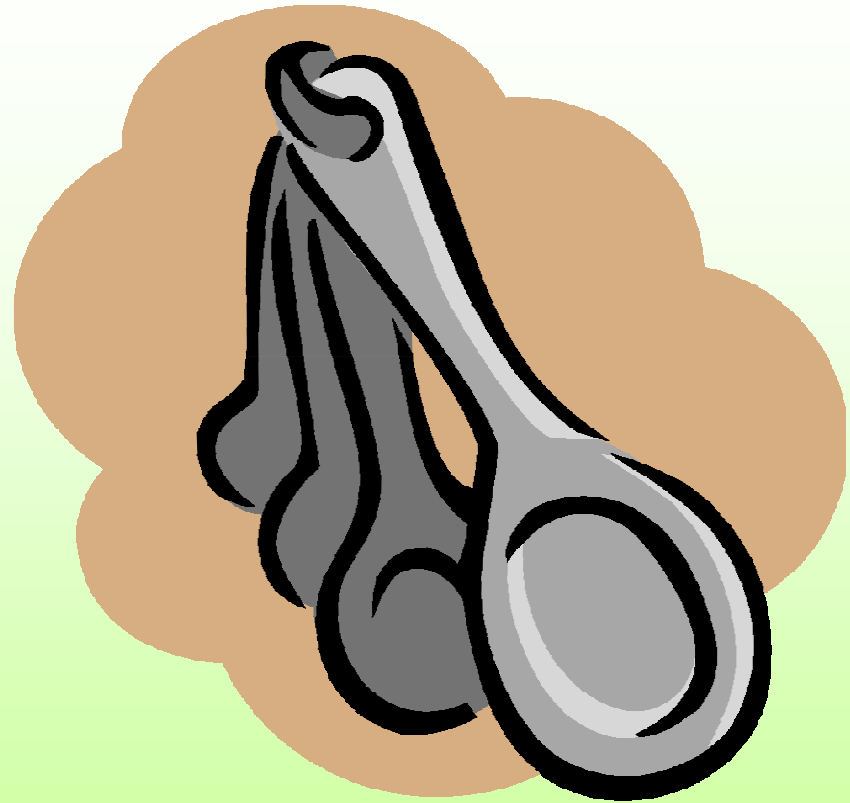


$\frac{2}{3}$  can of a regular  
soft drink or beer



# Examples of 100 calories

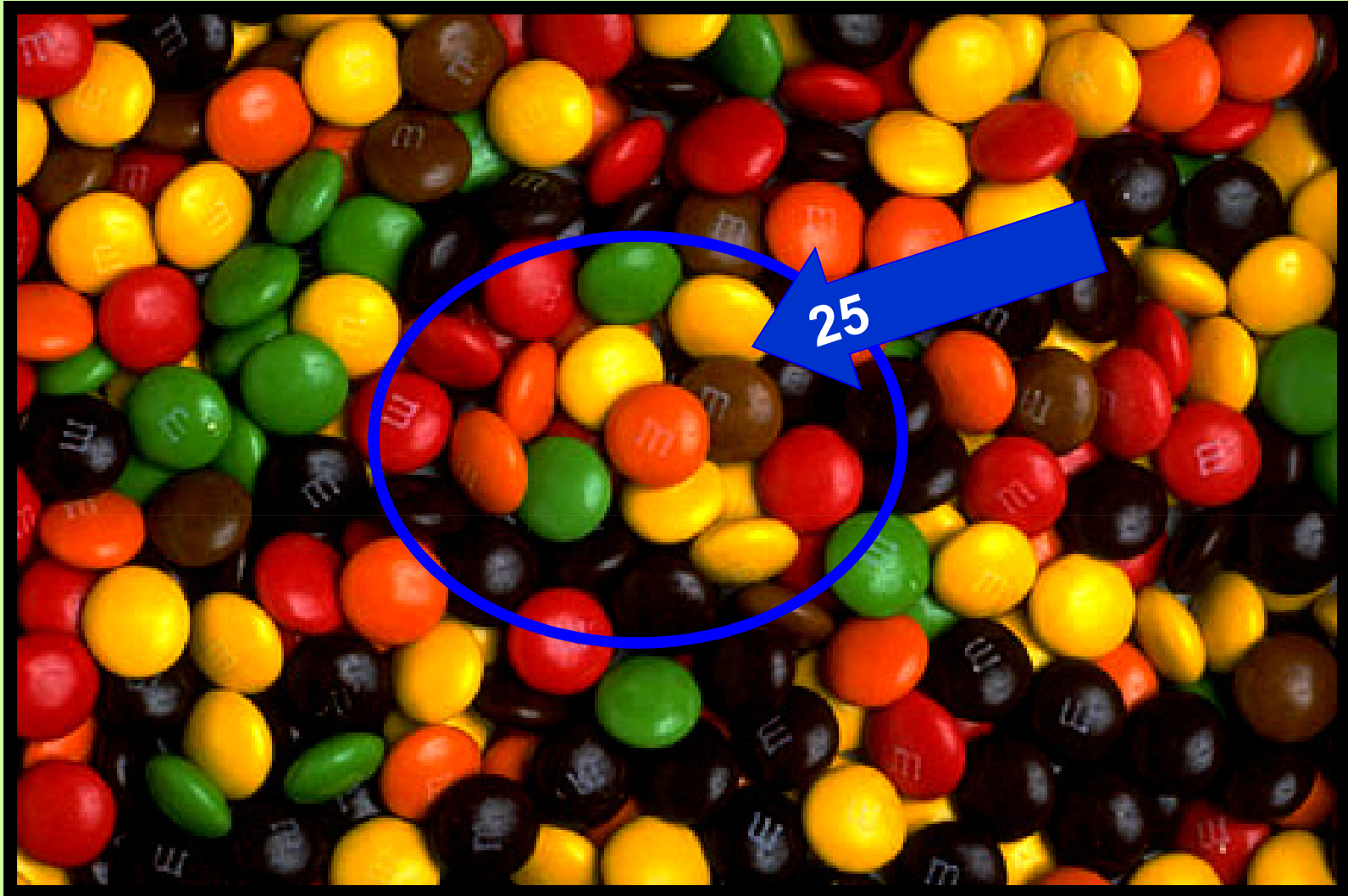
- **2 tablespoons maple syrup**
- **1 tablespoon butter or margarine**
- **2 tablespoons jelly or jam**



# Example of 100 calories



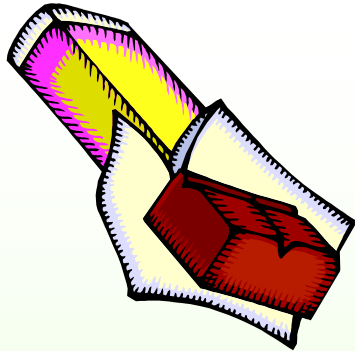
**10 large jelly beans (1 ounce)**



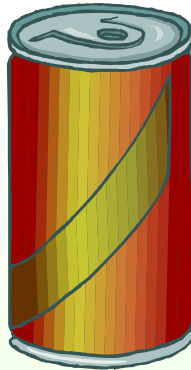
**25 pieces = 100 calories**



# Average calories ...



**200 calories/  
1.5 oz**



**150 calories/  
12 oz.**



**145 calories/  
12 oz.**



**115 calories/  
5 oz.**



**240 calories/  
medium glazed  
doughnut**

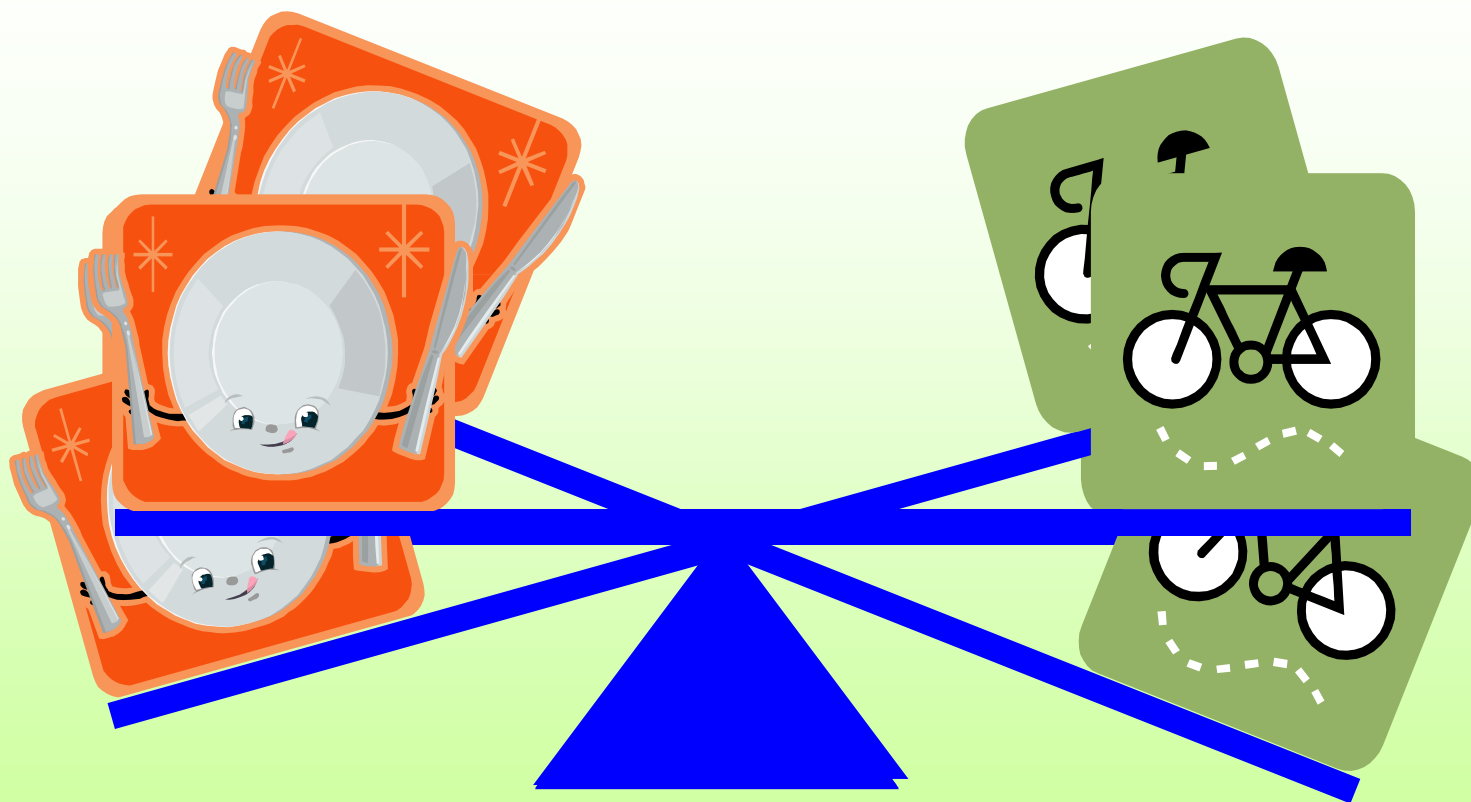


**460 calories/  
medium order**



**95 calories/  
1.5 oz. 80 proof  
distilled spirits**

# Balance food calories with physical activity level



**Move More!**

# Move More!

- More likely to:
  - Maintain a healthy weight
  - Be less stressed
  - Improve mood (release tension, less anger)
  - Improve mental fitness (focus/concentrate better)
  - Have higher levels of self-esteem and confidence
  - Experience overall feelings of well-being and good health

# Move More!

- Less likely to develop:
  - Heart disease
  - Diabetes
  - High Blood Pressure
  - High Cholesterol Levels
  - Certain Forms of Cancer
  - Osteoporosis

# Physical activity recommended for MOST days of week

- **Adult recommendations vary by goal:**

- **Reduce risk of chronic disease:** 30 minutes of moderate intensity
- **Manage weight and prevent weight gain:** 60 minutes of moderate to vigorous activity
- **Sustain a weight loss:** 60 to 90 minutes of moderate to vigorous activity



- **Children and teens: 60 minutes**

# How?

- It's Up to You – Just Move More!
  - Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often.
  - Divide activity times into 10-15 minute increments

# Move More!

**IT'S UP TO YOU!!!**

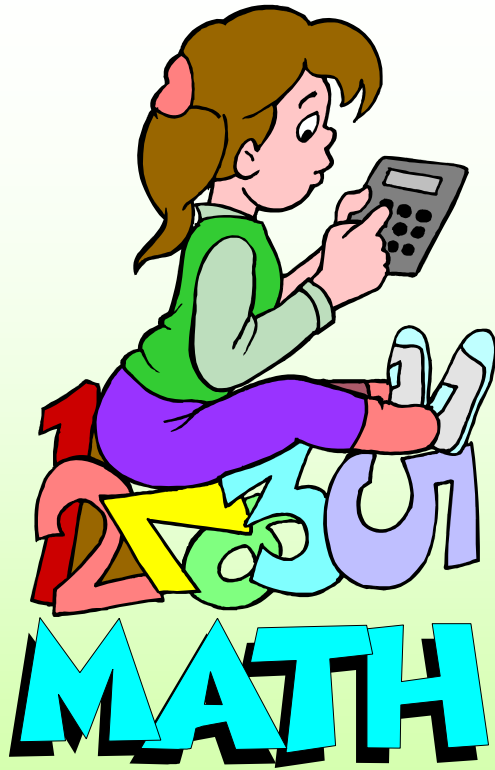
- Any **TYPE** of movement counts –**EVERY MOVE** and **EVERY STEP** !
- Any amount of **TIME** counts !
- How **OFTEN** you do it counts!



# Move More!

- **Walking:** easy and safe
  - Can walk for short time periods that equal up to at least 30 minutes (can walk in place or around an area)
  - Can use a pedometer to keep up with the number of steps you take

# Aim for 10,000 (or more) steps daily!



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

**\*Approximate figures**

# Moderate physical activities include:

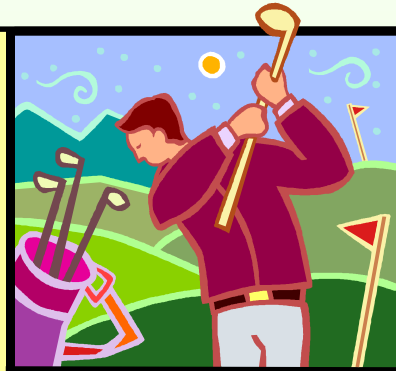
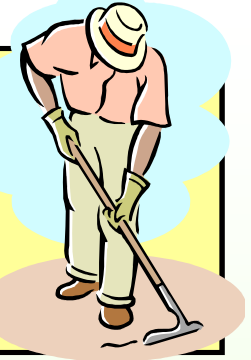


Walking  
briskly  
(about  
 $3\frac{1}{2}$   
miles  
per  
hour)



Hiking

Gardening/  
yard work



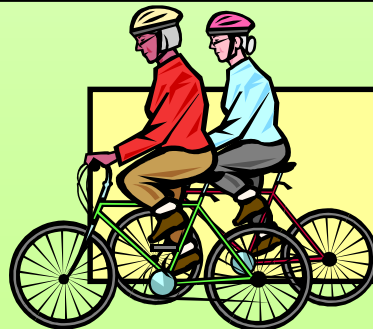
Golf (walking  
and carrying clubs)



Weight training  
(general light workout)



Dancing



Bicycling (less than  
10 miles per hour)

# **Vigorous** physical activities include:



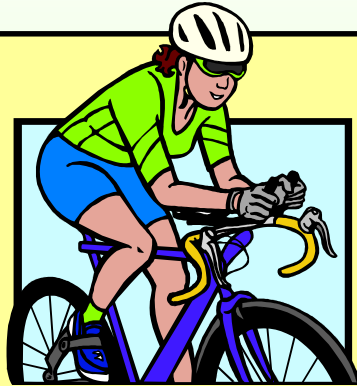
Swimming  
(freestyle laps)



Heavy yard work,  
such as chopping wood



Aerobics

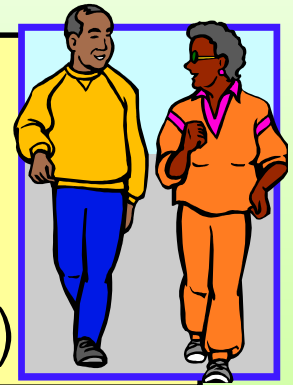


Bicycling (more  
than 10 miles  
per hour)



Basketball  
(competitive)

Running,  
jogging  
(5 miles  
per hour)



Walking very fast  
(4½ miles per hour)

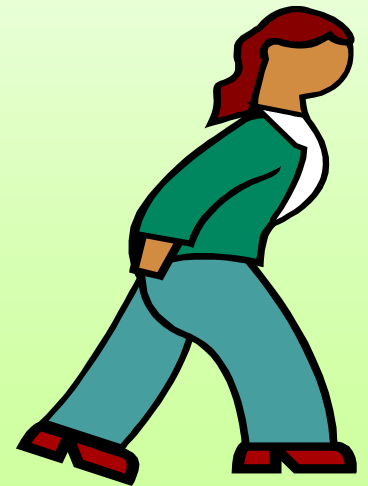


Weight lifting  
(vigorous effort)

# Move More!



**Walk up and down  
the soccer or  
softball field  
sidelines while  
watching the kids  
play.**



# Move More!



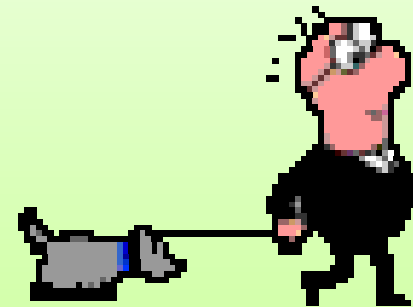
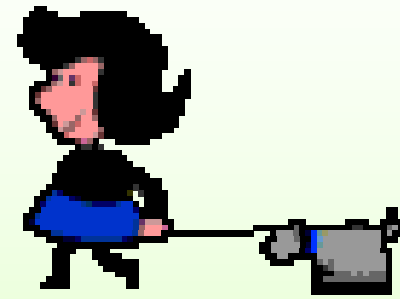
**Replace a coffee break  
with a brisk walk.**

**Ask a friend to go  
with you.**

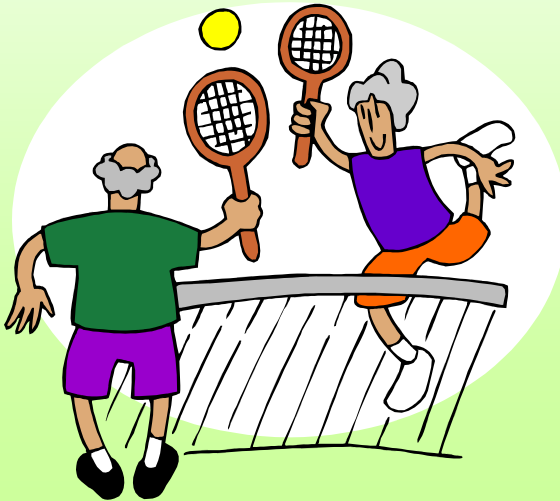


# Move More!

**Walk the dog  
— don't just  
watch the dog  
walk.**



# Most important – have fun while moving more!





- **You are a Role Model!**

# Be a Good Role Model!

- Cook Together
- Eat Together
- Talk Together



# Eat Well

## Be a Good Role Model!

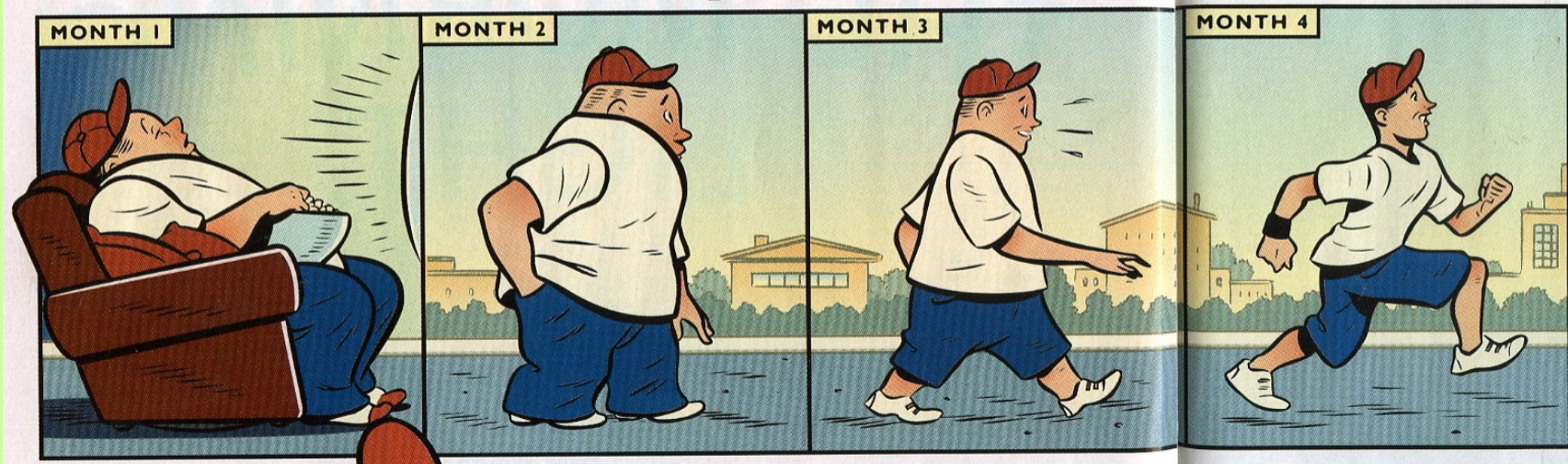
- We learn from watching each other.
- Eat fruits and vegetables & your kids (& maybe friends, family, clients) will too.



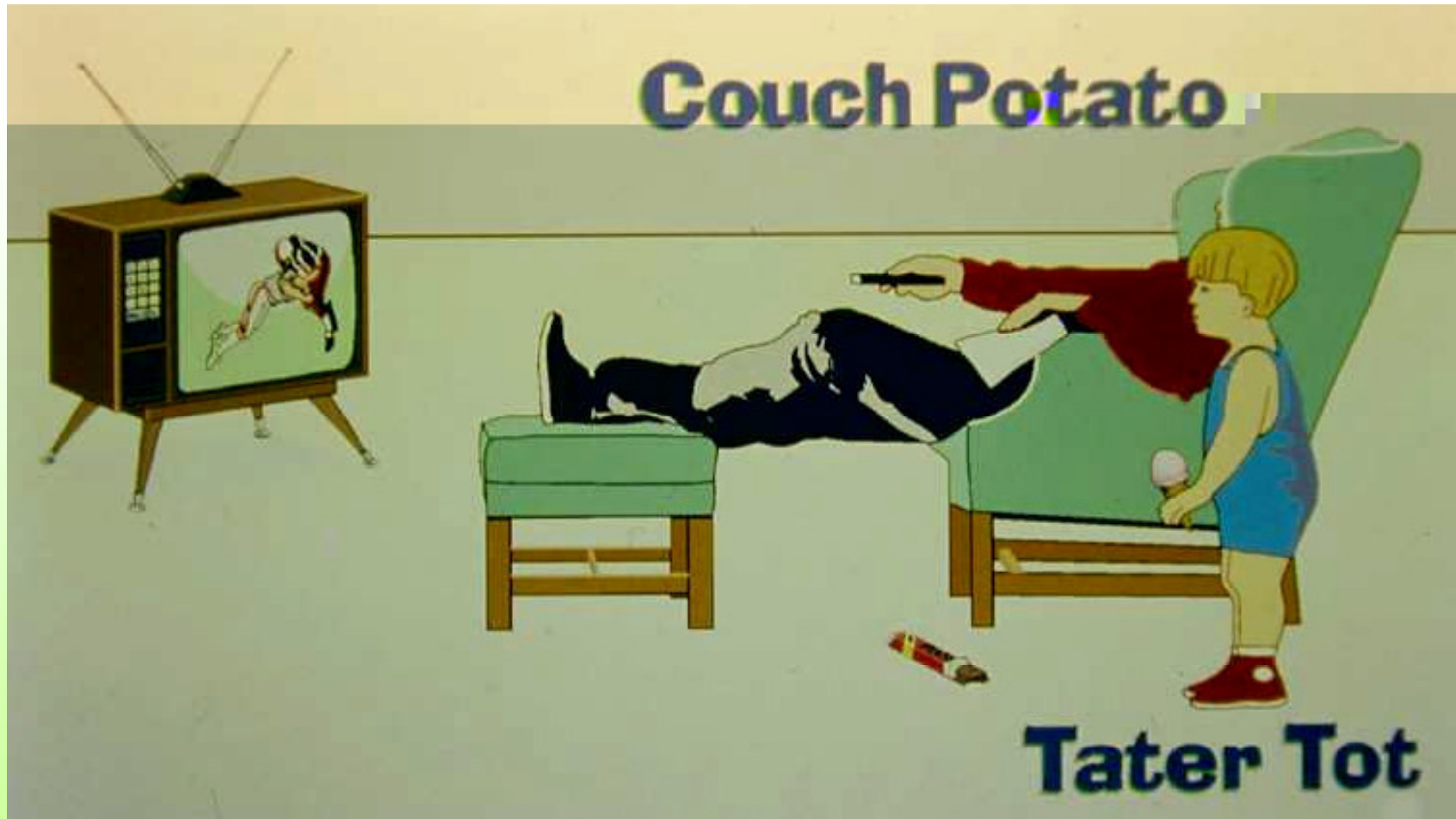


# Move More Be a Good Role Model!

# COUCH POTATOES, ARISE!



You can't expect results if you don't move!



# Think About This!

- Example is not the main thing in influencing others. It is the only thing.

Albert Schweitzer



# **Guard Our Future Eat Better and Move More**

