# Being Active: A Way of Life



Make being active a part of your daily routine. You can find the time to be active.

- Set aside one block of time on 5 days a week to do an activity you like.

  You could get up early and walk the dog before work or try cutting your TV time in half and walk instead. Or be active while you watch TV (such as riding an exercise bike, lifting weights, or walking in place).
- 2 Look for short periods of free time (at least 10 minutes) during the day. Use the time to be active. Walk during your coffee break, for part of your lunch hour, and between two meetings at work. Three 10-minute segments of exercise equals one 30 minute session!

# **Usual Activity and Structured Activity**

All kinds of physical activity help your health. An active lifestyle includes "usual activity" and "structured activity".

Usual activity	Structured activity
<ul> <li>Last less than 10 minutes in a row.</li> <li>You don't work as hard as when you are</li> <li>taking a brisk walk.</li> <li>Such as: <ul> <li>When you shop at the mall, park your car further away and walk.</li> <li>At work, walk up stairs instead of taking the elevator.</li> </ul> </li> </ul>	<ul> <li>Last more than 10 minutes in a row</li> <li>without breaks.</li> <li>You work as hard or harder when you are</li> <li>taking brisk walk.</li> <li>Such as: <ul> <li>Brisk walking</li> <li>Bicycle riding</li> <li>Swimming</li> <li>Hiking</li> <li>Aerobic dancing</li> <li>Cross-country skiing</li> </ul> </li> </ul>

## Think of "usual activity" as making active choices throughout the day.

Inactive Choice (Limit)	Active Choice
Take elevator or escalator.	Walk up the stairs.
Drive to the local store to pick up a few items.	Walk to the store.
Get car washed at drive through car wash.	Wash your own car with soap, water and sponge.

## **Step Your Way to Success**

Your everyday activity is important to your health, but it is difficult to record.

Using a pedometer/FitBit® or JawBone™ Up is an easy way to measure how active you are throughout the day.

- Most activity requires you to move around. The pedometer will measure how many steps you take
  while moving around. FitBit® and JawBone™ Up can measure steps or track the time and calories
  burned for manually entered activities.
- For most people, the more steps you take, the more active you are.



- Take note of the days when you were the most active.
- Take note of the days when you were the least active.
- Strategize how to make the less active days more active.

#### Studies have shown that:

- The least active people take about 2,000 to 4,000 steps per day.
- Moderately active people take about 5,000 to 7,000 steps per day.
- The most active people take at least 10,000 steps per day.



Your goal is to slowly increase your steps to an average of 10,000 steps per day or more on most days and to maintain this level of activity.

An easy way to do this is to increase your steps by 250 steps/week. For

example if week #1 you take 3000 steps/day then you should aim for 3250 steps during week #2 and then 3500 steps during week 3.

### **Keep It Safe**

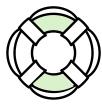
Being active is usually quite safe.

In rare cases, problems can arise (such as with running or jogging).

The best approach is to prevent problems and keep it safe.

#### Prevent sore muscles or cramps.

- Only increase a little at a time how often, how hard, and how long you're active.
- Wear good and comfortable shoes.
- Drink plenty of water before, during, and after being active.
- Wear socks that fit well, are comfortable, and keep your feet dry.
- Warm-up before and cool-down after every activity.



## Warm-up (Most warm-ups take only 5 to 15 minutes.)

- Do whatever activity you plan to do but at a lower intensity (lower heart rate) for a brief time. This may mean walking slowly for a few minutes before speeding up.
- Do a few minutes of mild stretching if you plan to do something more vigorous than walking.

## Cool-down (Most cool-downs take only 5 to

- Do whatever activity you have been doing, but at a lower intensity (lower heart rate) for a brief time.
- Do a few minutes of mild stretching, especially

#### If you do get a muscle cramp:

- Stretch the muscle then massage it. Repeat.
- If there is still pain, put ice on the muscle for a few minutes.
- Then, repeat the massage and stretching.

If you have any other injury that is affecting your ability to exercise, talk to your physician for guidance.

#### **Stretch Those Muscles**

- Your body is like a rubber band.
- Your muscles will become less flexible as you age and when you are not active. This makes movement more difficult. For this reason, stretching is important.



Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and injury. Stretching also helps you be more flexible and feel relaxed.

#### How to Stretch

- Do a short warm-up before stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Stretch within your own limits. Don't compete.
- Breathe slowly in and out. Do NOT hold your breath.
- Relax, enjoy, and feel good about yourself.



- Never stretch if you have pain before you begin.
- If a stretch causes pain, stop doing it. Listen to your body!

# Low Carbohydrate Buzz Words

- Baked
- Poached
- Broiled
- Roasted
- Boiled
- Steamed
- Grilled
- Stir-fried

- Watch out for sauces. For example, grilled foods are often brushed with melted butter.
   Ask for no sauce or for sauces to be served on the side.
- Think about what you really need to eat.
- Trim visible fat off meat.
   Take skin off chicken.

GO with lower-calorie choices	CAUTION with high-calorie choices	
PIZZA  · Plain cheese pizza (ask for half the cheese or low-fat cheese)  · Onions, green peppers, mushrooms	<ul><li>Meat toppings (sausage/pepperoni)</li><li>Olives</li></ul>	
BURGER PLACE (FAST FOOD)  · Grilled, broiled, or roasted chicken, without sauce  · Broiled, extra lean burger	<ul><li>Regular hamburger, cheeseburger</li><li>French fries</li><li>Fried fish or chicken</li><li>Mayonnaise-based sauces</li></ul>	
MEXICAN  · Heated (not fried) tortillas  · Grilled chicken or beef fajitas  · Soft tacos (corn or flour tortillas)  · Salsa	<ul> <li>Enchiladas</li> <li>Chili con queso</li> <li>Fried tortillas, tortilla chips</li> <li>Sour cream, guacamole</li> <li>Crisp tacos</li> </ul>	
CHINESE AND JAPANESE  · Stir-fried chicken  · Stir-fried vegetables  · Steamed rice  · Soup  · Teriyaki	<ul> <li>Egg foo yung</li> <li>Fried chicken, beef, or fish</li> <li>Fried rice or noodles</li> <li>Egg rolls</li> <li>Fried won ton</li> <li>Tempura</li> </ul>	
ITALIAN  · Broiled, baked, or boiled seafood with lemon  · Plain baked potato	<ul> <li>Sausage</li> <li>Lasagna, manicotti, other pasta dishes with cheese or cream</li> <li>Fried or breaded dishes (like veal or eggplant Parmesan)</li> </ul>	
SEAFOOD  · Broiled, baked, or boiled seafood with lemon  · Plain baked potato	<ul><li>Fried fish</li><li>Fried vegetables</li><li>French fries</li></ul>	
STEAKHOUSES  · Shrimp cocktail  · Broiled chicken or fish  · Plain baked potato	<ul> <li>Steak (except trimmed lean cuts)</li> <li>Fried fish or chicken</li> <li>Onion rings, other fried vegetables</li> <li>French fries</li> </ul>	



# If you drink alcohol



- Don't forget that alcohol is high in calories.
  - · 1 gram of carbohydrate or protein 4 calories
  - · 1 gram of alcohol 7 calories
  - · 1 gram of fat 9 calories
  - · The calories in alcohol are "empty". They contain no nutrients like vitamins.
- Don't drink on an empty stomach.
- Alternate alcoholic and non-alcoholic drinks.
- Sip slowly.
- Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.
- Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	60	0
Wine coolers (12 oz) About	200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1½ oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made w/cream	225	7
Alexander w/gin (3 oz), made w/cream	236	9
Grasshopper (3 oz), made w/cream	253	9
Eggnog (1 cup)	342	19



## How to ask for what you want

Many people find it hard at first to ask a waiter or waitress for something special. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy diet.
- Begin with "I", not "You." For example, "I would like the fish broiled with lemon juice instead of butter" instead of "You don't have low-fat fish on the menu."
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

Wishy-washy	"Oh, well. I guess they couldn't broil the fish."
Threatening	"Look, you said you would broil my fish! I'm not paying for this!"
Firm and friendly	"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"



# Work with what's around you.

- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be taken away as soon as you finish.

# High Carbohydrate Foods to Watch Out For

Watch out for these high-calorie, high-fat words on menus:

- Au gratin
- Breaded
- Buttered or buttery
- Fried, deep fried, French fried,
- batter fried, pan fried
- Gravy
- Scalloped
- Seasoned
- Southern style

- Cheese Sauce
- Creamed, creamy, in cream sauce
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped