

Take Steps Resource Sheet

TAKE STEPS TO BECOMING MORE PHYSICALLY ACTIVE

Increased physical activity can provide great health benefits. The American Heart Association and the U. S. Surgeon General recommend 10,000 **daily steps** or 30 to 60 minutes of **moderate activity** on a daily basis. There are many ways to meet this target. **Have you thought about *these* ideas for exercise?**

RX:

- Leaving the car at home and walk to work/school/corner store or post office
- Cycle to work/school
- Hand wash your car
- Join a family swim night at the local school
- Help clean a local park or community grounds
- Walk or cycle for errands
- Cut grass (push mower)
- Plant a tree/ garden/rake leaves
- Hike with a parent/spouse/friend
- Canoe/kayak
- X- country ski/ice skate/snowshoe
- Use the stairs instead of the elevator
- Walk the dog
- Other _____

“TAKING STEPS” IN YOUR COMMUNITY

Physical activity can be done anytime, anywhere! Explore your community.

Community Facilities:

- Arenas
- Trails/Bike Paths
- Tennis Courts
- Pools
- Recreational/Parks
- Special events such as Walk/Runs for Charity
- Sports (softball, soccer, hockey, football)
- Malls
- School/Adult Education
- Work
- Community Centers

Need help getting started? Contact:

- Your Primary Care Physician
- A certified fitness professional or workplace fitness coordinator
- Your local health department

(See reverse side for nutrition related advice)



we fit your life better



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TAKE STEPS TO HEALTHY EATING

Eating well promotes good health and reduces risk of chronic disease

Recommendations*

- Consume a variety of nutrient-dense foods and beverages
- Choose foods that limit the intake of saturated fat, *trans* fats, cholesterol, added sugars and salt
- Meet recommended intakes of energy based on your age, gender and activity level
- Consume 2 cups of fruit and 2 cups of vegetables per day for someone following a 2,000-calorie intake diet (adjust based on your calorie level)
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week
- Consume 3 or more whole-grain products per day
- Consume 3 cups per day of fat-free or low-fat milk or equivalent dairy products

“Healthy Eating” at home and in your community

- When grocery shopping **choose fresh** and **frozen** foods vs. canned and boxed
- When dining out, choose facilities that post nutrition information and offer healthy options
- Venture out to the public market for fresh produce
- Know what and how much your eating! Food labels provide valuable information on sugar, sodium, fat, calorie content, serving size and much more.
- Surround yourself with positive people - those who eat well, cook light, and live healthy, etc. Their healthy habits may rub off on you!
- Bake, Broil & Grill
- Start using dry seasonings for flavor instead of butter, sour cream and oil
- Drink water instead of sweetened beverages

Need help getting started? Contact:

- Your Primary Care Physician
- A Registered Dietitian
- Your local health department

**For more advice and additional resources log on to
takesteps.univerahealthcare.com**