



## Putting the Guidelines Into Practice: Aim For Fitness

Part of a series on nutrition and health

The start of a new year is a great time to set goals and take action for good health. This is the first of a series of articles on the **ABC**'s of nutrition for your health and that of your family...**Aim for Fitness, Build a Healthy Base, and Choose Sensibly.**

Research is finding more links between lifestyle and the well-being of individuals and families. In Hawaii, statistics indicate high rates of obesity, hypertension and diabetes. Regular physical activities along with good eating habits promote health and can reduce the risks of these chronic illnesses. Health benefits of regular physical activity:

- Increases physical fitness
- Helps build and maintain healthy bones, muscles, and joints
- Builds endurance and muscular strength
- Helps manage weight
- Promotes general well-being and self-esteem
- Reduces feelings of depression and anxiety



Here are two simple targets for Fitness.

***Aim for a healthy weight.*** Choose a lifestyle that combines sensible eating with regular physical activity. The key is to *balance* the calories you eat with your physical activity and calorie needs. Eating sensible portion sizes is one way to achieve your healthy weight. See the chart below to determine the number of servings from the food guide pyramid to eat based on calorie needs.

***Be physically active each day.*** Being physically active doesn't mean getting a personal trainer and investing in hundreds of dollars in fitness equipment or memberships. Physical activity means moving your body. Moderate physical activity is any activity that requires about as much energy as walking 2 miles in 30 minutes. Do 30 minutes or more of moderate activity 5 or more days a week.

If finding time is a challenge, make physical activity part of your daily routine. Take the stairs instead of the elevator, have a "walking meeting", park away from the store to add extra steps to your grocery shopping, push the stroller, work in the garden, clean the house, exercise or pedal a stationary bike while watching television, etc. If you enjoy the support and social aspects of being active, find a buddy to workout with at the gym, join the lunch hour aerobics, play tennis or basketball, go dancing, etc.



Setting a good example for children is equally important. Eat healthy meals and enjoy regular physical activities *together*. Children need at least 60 minutes of physical activity daily. Arrange for active family events in which everyone takes part, like weekend biking or swimming. Encourage your children to be active by jumping rope, playing tag or getting involved in organized sports. Limit television watching, video and computer games, and other inactive forms of play.



If you are already active, keep up the good work. If you are inactive, start with *one* thing you'll do to get active and "*aim for fitness*." The important thing is to choose activities that you enjoy and that you can do regularly.

**Using the Food Guide Pyramid**

	1600 calories	2200 calories	2800 calories
<b>Bread, Cereal, Rice and Pasta Group</b>	6	9	11
<b>Vegetable Group</b>	3	4	5
<b>Fruit Group</b>	2	3	4
<b>Milk, Yogurt, and Cheese Group</b> Preferably fat free or low fat	2 or 3*	2 or 3*	2 or 3*
<b>Meat, Poultry, Fish, Dry, Beans, Eggs, &amp; Nuts Group</b> Preferably lean or low fat	2 for a total of 5 oz.	2, for a total of 6 oz.	3 for a total of 7 oz.

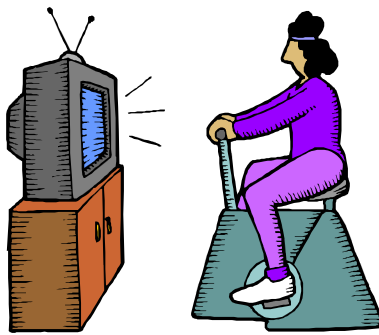
\* Children and teens ages 9 to 18 years and adults over age 50 need 3 servings daily, others need 2 servings daily.



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