



Balance How Much You Eat and How Physically Active You Are

Making smart food choices and being active every day help keep you mentally and physically fit. We all need the right amount of food from all food groups to be strong and healthy. If you don't eat enough, or enough of the right foods, you may not get everything your body needs for energy and health. Or if you eat too much of certain foods, you won't have room for the other foods your body needs. And you could gain weight.

For adults and children alike, eating well and being active help to maintain a healthy weight and reduce risks of serious diseases, like heart disease, high blood pressure, diabetes and some types of cancer.

For many people, getting more physical activity is more challenging than changing eating habits. Adults need at least 30 minutes of activity most days of the week. Kids need at least 60 minutes of physical activity every day. Remember, a little bit of activity is better than none at all, so get up and get moving.

- If you're out shopping or going to the office, park farther away and walk the extra steps. Take the stairs instead of the escalator or elevator.
- If you sit all day at work, grab the kids or invite a neighbor for a walk or bike ride in the neighborhood. Head for the park to play basketball, tennis, soccer, baseball, football, kick ball and more.
- Join a fitness center or check your local community center for exercise classes and other activities. Take a friend along to keep it motivating and fun.

- While your kids are at sports practice, walk around the park or practice area while you're waiting.
- If you had a low activity day, lower your energy intake. Choose lower fat foods (fruits, vegetables, and low fat milk) and eat smaller portions.
- For your picnics and barbecues, include foods like crunchy vegetables with a low fat dip, whole grain breads, baked or grilled lean meats, and chilled whole or cut fruit. Have moderate serving sizes and get people moving after they eat. Bring along a ball, Frisbee, jump rope, or music for dancing, or take advantage of nearby playground equipment, pool or the beach.
- Be active as a family. For every hour of watching television or playing video games, get an hour of some type of physical activity. Let kids help plan ways to get the family moving.
- If the weather is bad, take a walk in the mall, or turn on the music and dance or march around in the house.
- Make plans to get active on the weekends with water sports, hiking, cycling, visiting the zoo or museum, as well as gardening, washing the car, and cleaning the house.

Find your balance between how much you eat and how physically active you are. Use what you take in by burning off some of the calories through physical activity. Make smart food choices and be active every day.

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW