

Fruits and Veggies: Get More...Because More Matters



**Eat more fruits and vegetables
at every meal and snack.
Even the smallest effort to eat
more makes a difference.**

- Eating fruits and vegetables helps reduce your risk for high blood pressure, heart disease, stroke, type 2 diabetes, and some cancers.
- They also help maintain a healthy weight - when they replace high fat foods. For example, ordering a side salad instead of fries helps you feel full on a lot less fat and calories.
- Fruits and vegetables are sources of many vitamins, minerals and other natural substances that may protect your health.

**Enjoy the many flavors and textures
of fruits and vegetables**

- T** Try something new! Pick out a new fruit or veggie at the store.
- A** All forms count — fresh, frozen, canned, dried, and 100% juice.
- S** Snack smart! Fruits and vegetables make tasty, healthy snacks.
- T** Take charge! Ask for fruits and veggies when you eat away from home.
- E** Explore the more than 200 varieties of fruits and vegetables.

For recipes and more tips:

- Produce for Better Health Foundation:
www.fruitsandveggiesmorematters.org
- Centers for Disease Prevention and Control, Fruit and Vegetable Program:
www.fruitsandveggiesmatter.gov
- NH Fruit and Vegetable Program:
www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies



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Pedometer Features



- Pedometers come in all shapes and sizes. You can purchase them locally or through on-line companies.
- Features on pedometers can include step counts, distance, calories, clock/stop watch, etc...
- Prices of pedometers range as little as a few dollars to up to hundreds of dollars. A higher price does not necessarily reflect better quality or increased accuracy and reliability.
- The most reliable measurement on a pedometer is the 'Step Count'. This is all you really need on a pedometer. Some pedometers allow you to calculate your 'stride' for a more accurate step count. However, most models already come with a pre-calculated (average length) stride.
- Some pedometer companies sell pedometers in bulk packaging with a discount if you are looking for larger quantities.

Examples of where to purchase pedometers:

- Many department or sporting good stores.
- On-line Resources:
www.walk4life.com
www.thepedometercompany.com
www.accusplit.com

Walk for Fun! Walk for Health!

****If you have a chronic disease or ANY illness, be sure to check with your health care provider before you begin ANY physical activity, including walking.**



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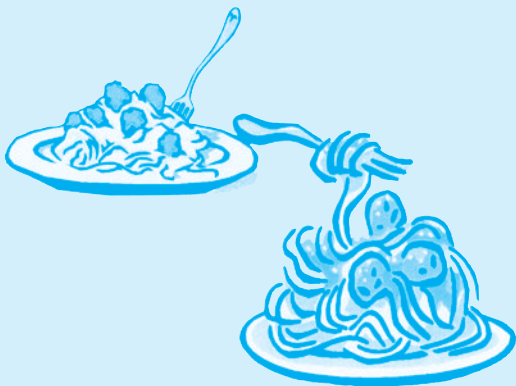
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"Supersized" Portions



- **Why Have Portion Sizes Changed?** We love value for our money. A large portion of food at a low price makes people feel like they are getting a bargain.
- **Servings versus Portions.** Recommended servicing sizes are much smaller than the portions of food we eat. Eating just 100 calories more than you burn each day will lead to about a 10 pound weight gain over the course of a year.
- **Dollars Spent on Meals.** In 1970, Americans spent just 26% of their food dollars on restaurant meals and other foods prepared outside the home. Today we spend almost half of our food dollars on away-from-home foods.
- **Extra calories consumed.** Children consume about 770 calories in a restaurant meal, versus 440 calories in a home prepared meal. Adults consume more calories, more fat and less fruits and vegetables in a restaurant meal compared to a meal prepared at home.
- **Reduce eating away from home, especially in fast food restaurants.** When eating away from home, choose baked, broiled or grilled foods. If the portion is large, save half your entree for the next day. Choose water or low-fat milk instead of soda or other high calorie drinks. Many restaurants also have nutrition information on their websites.

Resources:

- Portion Distortion Quiz:
<http://hp2010.nhlbihin.net/portion>
- Nutrition Data:
www.nutritiondata.com



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Tips for Adults to Increase Physical Activity



Make walking your daily health habit!

If you have been inactive for a while, begin with 10-15 minutes of activity 2-3 times each day. Work your way up to a goal of 30 to 60 minutes of physical activity most days of the week.

- Plan active weekends (walking, hiking, cycling, snow shoeing).
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot (an easy way to add 5-10 activity minutes).
- Get up from your desk throughout the day to stretch and walk.
- Take a walk at lunch or on your break.
- Replace 30 minutes of TV time with a walk.
- Walk your dog.
- Walk instead of driving your car short distances.
- Play active games with your children (tag, hide-n-seek, charades, dance).
- Get support - Ask a friend, family member or co-worker to join you.
- Mow the lawn with a push mower.
- Rake leaves.



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Turn Off TV – Turn On a Healthier Lifestyle



- **TV/Screen Time.** Turning off the TV is a great way to improve your health and the health of your family. Children watch an average of 3 hours of TV each day and adults average over 4 hours per day.
- **TV Turnoff Tips.** Keep TV off during meals. Move television to a less central location. Designate certain days of the week or hours of the day as "TV-free" time. Remove TV sets from bedrooms.
- **TV and Inactivity.** Watching TV burns fewer calories than any other activity done while awake! Adults and children tend to eat or snack in front of the television (children eat 300 to 500 calories as a "snack" while watching TV). TV ads are aimed at increasing sales of foods such as highly sugared cereal, fast food, delivery food, candy and chips.
- **TV Turnoff Network.** This organization is dedicated to encouraging less television viewing and promoting healthier lives. National "TV Turnoff Week" takes place each year in the spring (www.tvturnoff.org).
- **Benefits of less TV.** 90% of people who participate in TV Turnoff Week reduce their TV viewing! 3 out of 4 people say they are more physically active during TV turnoff week! TV-free families report 1 hour of "meaningful" conversation per day with their children (national average is 38 minutes per week).

Resources:

- TV Turnoff Network: www.tvturnoff.org
- NH Division of Parks and Recreation, Bureau of Trails: www.nhtrails.org
- NH Department of Resource and Economic Development (DRED): www.dred.state.nh.us
- NH Fish and Game Department: www.wildlife.state.nh.us
- NH Trail Guide: www.pccs-nh.com/trails



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Weight Loss Tips for Adults



- **Decrease Soda.** Soda can be one of the leading sources of added sugar and calories to a person's diet. A 20-ounce bottle of soda, frequently sold in vending machines, has approximately 250 calories.
- **Limit TV.** The average American adult watches between 28 and 32 hours of TV per week. If you replace a half hour a day with physical activity, you will get enough activity to maintain health. To lose weight, aim for 1 hour of physical activity a day.
- **Reduce eating outside of your home, especially in fast food restaurants.** Research shows an average American will consume more calories when eating away from home. If eating away from home, choose baked, broiled or grilled foods. Depending upon portion size, save half your entrée for the next day.
- **Eat more fruits and vegetables every day.** They are low in calories and high in vitamins, minerals and fiber. Aim to fill half your plate with fruits and veggies at every meal to help replace other less healthy foods in your diet.
- **Eat less high sugar foods in your diet.** High sugar foods such as candy, cake, cookies and soda do not make you feel full. They do not provide nutrients, and are very high in calories. Choose foods such as whole wheat pretzels, reduced-fat popcorn, yogurt or dried fruit, instead.



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What is a Pedometer and How do I Use One?



- A pedometer is a small device that clips on the waistband and counts the number of steps walked each day.
- For the most accurate step count, attach the pedometer on the waistband so that it is directly above the knee.
- Put your pedometer on first thing in the morning and wear it until bedtime. Write down how many steps you walk each day. Try to gradually increase your 'step-count' each day.
- A good **short term** goal is to increase your daily steps by 250 each day. A good **long term** goal is 10,000 total steps per day. This equals about 5 miles, depending on your stride and pace.
- The average person who sits at a desk-job each day walks between 3,000 and 5,000 steps. Look for ways to increase steps throughout the day — take the stairs instead of the elevator, walk during break or lunch time, or park your car farther from entrances.

Walking is one of the easiest things you can do to achieve and maintain good health. Walking will give you more energy and help you feel good, sleep better, relax, and reduce stress. Walking also helps tone muscles, control appetite, and helps you lose and maintain weight.

Small steps can make a big difference!

****If you have a chronic disease or ANY illness, be sure to check with your health care provider before you begin ANY physical activity, including walking.**



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Why Be Physically Active?



Physical activity . . .

- Improves your health.
- Reduces your risk of developing heart disease, diabetes, stroke and certain cancers by as much as 30-50%!
- Increases your chances of successful weight loss and helps to maintain a healthy weight.
- Helps bones, muscles and joints stay healthy.
- Helps reduce feelings of depression, anxiety and stress.
- Helps you sleep better.
- Helps you feel better!!

Regular moderate-intensity physical activity, such as a **30 minute** brisk walk 5 or more days per week, can improve your health and well-being.



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Your Wellbeing at Work



There are many ways to make healthy choices at work. Try one this week!

To be more active...

- Take the stairs instead of the elevator.
- Park your car so that you increase your walk from your car to your desk.
- Walk to someone's desk instead of sending an email.
- Take the long way to the water cooler.
- Consider getting to work 15 minutes earlier and fitting in a 10-minute walk before work.
- Get support. Walk with a co-worker who will help motivate you on days you might not want to walk.
- If you do errands at lunch, try to park a distance from your destination.

On your next break...

- Go for a 10-minute walk.
- Get out of your chair and stretch.
- Lift some 1-2 pound weights.

For healthier food choices...

- On Monday, bring in a variety of fresh fruits for snacks during the week.
- If you have a refrigerator at work, bring in two or three individual low fat yogurts. They make a good snack - anytime of the day.
- Keep a stash of healthy snacks in your desk: canned or dried fruit, pretzels, applesauce cups, canned pineapple, and 100% juices. Don't forget your can opener.
- Drink water during the day instead of soda.
- For meetings, order fruits, vegetables, yogurt, bagels, water, and 100% juices.
- For holidays and special events, organize a healthy pot luck.

Resources:

- Health Tips for Administrative Professionals: www.cdc.gov/women/owh/admin
- Men's Health: www.cdc.gov/men
- Healthy Lifestyles for Adults: www.dhhs.nh.gov/dhhs/nhp/adults



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