



HEALTHY & FIT



The Real Deal!



PRACTICAL WAYS TO KEEP YOUR BODY HEALTHY AND LOOKING GOOD

You already know that eating right and being active every day help you to be healthy. But it's not always easy to do. In this guide you'll find easy, practical ways to keep your body healthy and looking good.



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How healthy and fit are you?

How do you know if your lifestyle is healthy? First, try the quiz on page 2 to find out your health and fitness profile. Then read this guide to learn more about how to be healthy and fit.



Why do you want to be healthy and fit?

Eating right and being active can:

**Give you
more
energy**

**Help you
look
better**

**Help you
concentrate
better**

**Keep you
healthy**

**Help you
feel better
about
yourself**

Do you need a health and fitness makeover?



1 You're thirsty so you grab a bottle of:

1. Water	A
2. Diet soda, unsweetened iced tea	B
3. Juice, nectar	C
4. Soda, fruit drink	D

3 You're ordering a sandwich, what kind of bread do you choose?

1. Whole wheat or rye bread	A
2. White bread, roll	B
3. Croissant	C
4. Carbs are evil, I don't do bread	D

2 When you're hungry for a snack you usually grab:

1. Fruit or veggies	A
2. Popcorn or pretzels	B
3. Chips, cakes, cookies or candy	C

4**How many hours a day do you watch TV?**

1. Less than 2 hours A
2. 2 - 4 hours B
3. more than 4 hours C

5**How often are you active?**

1. 5 or more days a week A
2. 3 - 4 days a week B
3. 1 - 2 days a week C
4. Never D

6**You eat fast food:**

1. I never or rarely eat fast food A
2. Once a week B
3. 2 - 3 times per week C
4. more than 3 times per week D

Match the answers you circled with the number of points. Add up your points to see your health and fitness profile.

A = 3 points**B = 2 points****C = 1 point****D = 0 points****15 - 18 points****Health and Fitness Guru**

Good for you, you're on the right track! You usually make good food choices and are pretty active. Read the following pages for tips about how to keep up the good work.

10 - 14 points**Health and Fitness Hopeful**

Not bad! Your food choices are pretty good and/or you're somewhat active. But you can turn it up a notch in one or both categories. Read on to learn how to improve your health and fitness profile.

Less than 10 points**Health and Fitness Slacker**

Help is on the way! Your food choices could be better and you can definitely use some exercise. Keep reading to learn easy ways to do better.

The Road to a Healthy, Fit and Fabulous Body

1. KEEP A HEALTHY WEIGHT

Healthy bodies come in all shapes and sizes. It's important, though, to maintain a healthy weight. Being overweight can lead to diabetes, breathing problems and heart disease. Find out the weight that's healthy for you and try to get there gradually. Let this guide help you.



2. BE ACTIVE

It's plain and simple - MOVE! Dance, run, power walk, play ball. Keep active for at least 60 minutes a day. See page 7 for tips.

3. EAT BREAKFAST

It gives you energy and can help you lose weight. When you eat breakfast you tend to eat less during the day.

4. EAT REGULAR, SMALL, BALANCED MEALS

Try eating 3 meals and 2 snacks per day. Eating regularly will help keep up your energy. Make sure they are small meals, though. See page 10 to learn about portion sizes.



5. SNACK SMART

Limit high fat, high sugar snacks. Fruit, low fat yogurt, popcorn or a small sandwich are great snacks.

6. THINK BEFORE YOU DRINK

Choose water instead of sugary drinks.

7. GO EASY ON FAST FOODS

Choose wisely and eat fast foods only once a week. See page 16 for more info.

BENEFITS OF A HEALTHY WEIGHT:

- You'll move better and faster.
- You'll have more energy.
- You'll feel better.



Make a Move towards Feeling Great

Fit, healthy and strong.

All it takes is 1 hour of activity a day!

So get that heart pumping and
body moving and...

Strengthen your muscles.

Tone your body.

Feel better.

Decrease stress.

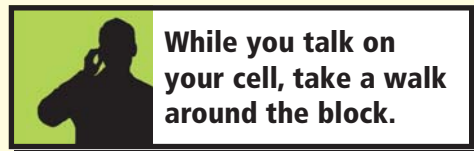
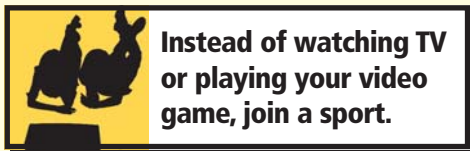
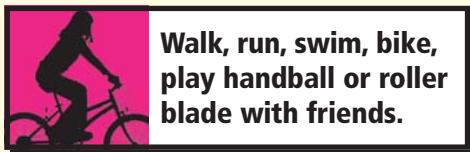
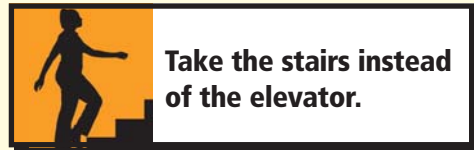
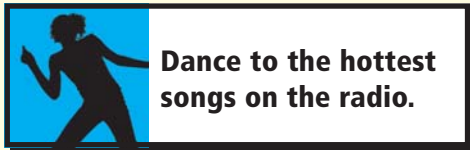
Look great.

Physical activity is great for your skin, your bones and even your brain.

Try these suggestions to help you feel good, look good and be healthy,
all while you're having fun:



**Keep TV and
video games
to a minimum
– 2 hours a
day or less!**





**How much
exercise would
it take to
burn off your
favorite food?**



WHAT'S Brisk Walking?

Walking faster
than normal.

When you eat...	You need to walk briskly for...
1 small cheeseburger	56 minutes
20 french fries	56 minutes
1 slice pizza	48 minutes
1 slice chocolate cake	46 minutes
1 medium baked potato w/ butter	43 minutes
1 20 oz. bottle soda	42 minutes
2 oz. cheddar cheese	39 minutes
4 oz. (1 scoop) vanilla ice cream	31 minutes
1 oz. bag of potato chips	27 minutes
1 apple	14 minutes
10 baby carrots	7 minutes

Source: NHLBI, Food Values of Portions Commonly Used

Note: All figures are approximate. Figures are based on a 150 pound healthy person. If you weigh more, you will burn more calories. If you weigh less, you will burn fewer. Brisk walking equals 4 miles per hour.



Size DOES Matter

Size definitely matters when it comes to food. In fact, how much you eat is just as important as what you eat.

Less is more - keep it small!

Eating smaller portions will help you control your weight and stay fit. How can you keep your portions small?

- Eat slowly. Give yourself time to feel full.
- Use a smaller plate.
- When out with friends split an appetizer and a main meal. This will save you calories and cash.
- Check out the Nutrition Facts label and look at the serving size to track how much you're eating. Most packages contain more than one serving per bag.
- Stay away from "super" or "large" sizes.
- Eat lots of vegetables with your meal. They taste great and help fill you up.
- Drink water before each meal or snack to help you eat less.





How do you measure up?

Use this guide to size up your food portions.

Food	Serving Size	One Serving Looks Like
Cereal	1 cup	fist
Bread	1 slice	size of whole hand
Rice or pasta	1/2 cup	tennis ball
Potato	1 medium	computer mouse
Ice cream	1/2 cup	1 small scoop
Cheese	1 oz.	pointer finger
Peanut butter	2 tbsp.	2 thumbs
Meat, fish or poultry	3 oz.	palm of your hand
Butter or margarine	1 tsp.	tip of thumb
Chips	1 oz.	palm of hand



Eating an extra 150 calories a day (1 oz. bag of potato chips) can lead to a 15 pound weight gain in just one year.




Think Before You Drink

SUGAR LOAD

Do you know how much sugar you're drinking?

Look and see how many teaspoons of sugar are in your favorite drink.



A person who drinks 2 cans of soda a day takes in more than 1 pound of sugar a week.

**That's
2,128 calories!**

Get ready to gulp!	# of teaspoons
Orange Juice (8 oz.)	
Flavored Water (8 oz.)	
Sports & Energy Drinks (8 oz.)	
Lemonade (8 oz.)	
Vegetable Juice (8 oz.)	
Fruit Punch (8 oz.)	
Soda (8 oz.)	
Water	no sugar
Sweetened Iced Tea (8 oz.)	

Based on 4 grams sugar per teaspoon. All figures are approximate.

REALITY CHECK!

Too many sugary drinks?

Look out, here's what can happen. You could:

Gain weight - lots of sugar means lots of calories.

Get sick - too much sugar decreases your body's defense against germs.

Get cavities - sugar combines with bacteria in your mouth to form cavities.

**It's time
to act now and
drink smart.**

Try switching to water. Water has many healing benefits. It can help improve digestion, keep the skin looking great and cleanse the body.

If you don't like water, flavor it up with a lemon twist. Try to drink more water gradually.

Drink less sugar.

Oh yeah!

- ✓ Cut down on sugary drinks.
- ✓ Juices and other soft drinks like fruit punch have lots of sugar. Try switching to calorie-free flavored water or diet soda.
- ✓ 100% juice tastes great but it's high in sugar. Try limiting it to 8 ounces a day. Or mix your juice with water.
- ✓ Drink nonfat or 1% milk instead of flavored milk.





Be Fine

With Fruits and Vegetables

Why eat fruits and vegetables?

Fruits and vegetables contain many vitamins, antioxidants, and minerals. When you eat them...

- Your hair, nails and skin look radiant.
- You feel stronger.
- You lose weight.
- Your body is cleaner inside and out.
- You get sick less often.

Look better with every meal, even dessert!

Breakfast

Add a banana to your cereal.

Snack

Eat 1 cup of fruit, unsweetened applesauce, or a handful of baby carrots or dried fruit.

Lunch

Choose a sandwich with vegetables, a slice of pizza with vegetables, or a bowl of salad.

Dinner

Use veggies as a side dish.

Dessert

Treat yourself with 1 cup of berries or grapes, a piece of fruit or 1 cup of melon.

WANNA KNOW HOW?

- 1** Berries and citrus fruits like oranges and lemons help your skin look healthy.
- 2** Apricots and mangos can help protect the skin from sun damage.
- 3** Kale can help keep bones strong.
- 4** Red peppers can help you improve skin conditions like acne.
- 5** Broccoli can help you have healthier hair and nails.
- 6** Spinach can help make your immune system stronger.
- 7** Carrots are good for your eyes.

Eat
5 to 9
Servings



**every day of
different colored
fruits and vegetables.**

1 serving is:

- 1/4 cup dried fruit
- 6 oz. of 100% juice
- 1 medium fruit or 1/2 cup small or cut-up fruit
- 1/2 cup raw non-leafy or cooked vegetables
- 1 cup raw leafy vegetables (like dark green lettuce)

Go Easy on Fast Food

Even though fast food is cheap and easy to get, **it's not that healthy.**
How can you eat it and still be healthy and fit?

- ✓ Limit fast food to once a week.
- ✓ Eat less. Order small or regular sized portions.
- ✓ Choose grilled rather than fried foods.
- ✓ Instead of sugary drinks, try water, low fat milk, unsweetened iced tea or diet soda.
- ✓ Order a side salad with low fat dressing instead of fries.
- ✓ Watch out for added cheese and foods that are drowning in sauce.



Body Friendly

- Small (cheese) burgers
- Small fries
- Grilled chicken salads
- Lite salad dressing, mustard, ketchup, salsa
- Fruit dessert, low fat yogurt, ice cream cone
- Brown or white rice



Body Unfriendly

- Large or double (cheese) burgers
- Regular or large fries
- Caesar salad
- Regular dressing, special sauce, sour cream
- Pies, cakes, milkshakes, sundaes
- Fried rice



DID YOU KNOW?



1000 Calories

A quarter pound cheeseburger, medium fries and medium soda can have over 1000 calories.

1100 Calories

A medium serving of sweet and sour chicken and vegetable fried rice and a medium soda can have over 1100 calories.



1400 Calories

One large chicken burrito with a medium soda can have up to 1400 calories.



3 Hours

You need to walk briskly for more than 3 hours to burn off one of these meals.

Better start now!



BOTTOM LINE:

Keep it small, lean and simple.
Don't supersize your meals and you won't supersize yourself.



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