

Get Moving: What's In It For You?

Regular physical activity is an important part of your “health plan.” No matter what your age, physical activity combined with good nutrition can make a big difference in your health, sense of well-being and ability to maintain a healthy weight. Make the move to be more active, and your mind and body will reap the benefits – from your brain to your heart to your bones.

Get an Active Edge

People of all ages should spend time each day being physically active. The recommended level of activity and duration depends on your health and fitness goals.

Adults

Goal: Reduce your risk of chronic disease, such as heart disease, high blood pressure, type 2 diabetes, osteoporosis and certain types of cancer. Promote psychological well-being and reduce feelings of depression and anxiety.

- Engage in at least 30 minutes of moderate physical activity on most days of the week. This is in addition to your usual daily activities.
- Most people can achieve even greater health benefits by engaging in more vigorous physical activity or by being physically active for a longer time.

Goal: Manage your weight and prevent the gradual weight gain that is common as you age.

- Aim to get about 60 minutes of moderate- to vigorous-intensity activity on most days of the week while staying within your body’s daily calorie intake needs.
- To maintain weight loss, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity without exceeding your body’s calorie intake needs. It’s a smart precaution to consult with your healthcare provider before engaging in this level of activity.

Older Adults

Goal: Reduce functional declines associated with aging and



**Beef & Noodles
with Fresh Vegetables**

achieve other health benefits of physical activity identified for all adults.

- Participate in regular physical activities that you enjoy, at a level appropriate for your age and ability. For example, walking more is often a safe and easy way to get started.

Children and Adolescents

Goal: Improve level of physical fitness and promote energy balance to achieve and maintain a healthy body weight.

- Participate in at least 60 minutes of physical activity on most days of the week while reducing the amount of time spent in sedentary activities.

How Active is Your Lifestyle?

- A sedentary lifestyle includes only the light physical activity associated with day-to-day life. Sedentary activities include television watching, reading, video games and computer time. It’s wise to reduce the amount of time you are sedentary.
- A moderately active lifestyle includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with day-to-day life. Examples of moderate physical activity: hiking, light yard work, dancing, golfing (walking and carrying clubs), bicycling (less than 10 mph), walking (3.5 mph), weight lifting (general light workout), stretching.
- An active lifestyle includes vigorous physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with day-to-day life. Examples of vigorous physical activity: running/jogging (5 mph), bicycling (more than 10 mph), swimming (slow freestyle laps), aerobics, walking (4.5 mph), heavy yard work (e.g., chopping wood), weight lifting (vigorous effort), basketball (vigorous).

Fit in Physical Activity

Any type of physical activity you choose to do will help you

burn more calories and make it easier to maintain your weight (or, if needed, tip your energy balance equation toward weight loss) and reap the health benefits of being active. You can schedule planned activities into your day, such as exercise classes or recreational activities. Or you can add short segments (e.g., three to six 10-minute bouts) of moderate-intensity physical activity throughout your day. These may include activities that you are already doing, such as gardening or housework. Think about ways to make physical activity a regular part of your lifestyle.

Activities to Help You Get Fit

To improve your level of physical fitness, try to vary your physical activities.

- *Aerobic activities* speed up your heart rate and breathing. These activities help keep your heart and lungs healthy and can help reduce body fat. Examples include brisk walking, dancing, stair climbing and cycling.
- *Resistance activities* help build and maintain healthy bones, muscles and joints. Try weight training, resistance band workouts or weight lifting (e.g., hand-held weights, young children, groceries, laundry). With more body strength and endurance, it is easier to do the basic activities of daily living.
- *Stretching activities* help your muscles and joints stay flexible. Examples are Tai Chi, yoga and ballet moves. Stretching, in combination with aerobic and resistance activities, keeps your muscles from tightening and helps prevent injury. It may also help older adults avoid falls.

Try these quick and easy-to-prepare healthy living recipes that are designed for your active lifestyle.

Beef & Noodles with Fresh Vegetables

Prep: 15 min.

Total: 25 min.

- 1/4 cup KRAFT House Italian Dressing
- 1/4 cup soy sauce
- 1 lb. lean boneless beef sirloin steak, cut into strips
- 2 cloves garlic, minced
- 2 cups sugar snap peas, halved
- 1 yellow pepper, cut into strips
- 1 tomato, chopped
- 1/4 cup chopped cilantro or parsley
- 12 oz. thin spaghetti, cooked, drained

MIX dressing and soy sauce.

HEAT large nonstick skillet on medium-high heat. Add steak strips, garlic and 1 Tbsp. dressing mixture; cook 3 min. or until steak is barely pink in center. Transfer to plate; set aside.

ADD sugar snap peas, yellow pepper and remaining dressing mixture to skillet; cook and stir 3 min. until vegetables are crisp-tender. Return steak to skillet; stir-fry 1 min. Remove from heat; stir in tomato and cilantro. Serve over hot cooked pasta.

Makes 6 servings.

Nutrition Bonus: Enjoy this low-fat meal that's a good source of vitamin C from the yellow pepper.

Nutrition Information Per Serving: 370 calories, 8g total fat, 2g saturated fat, 40mg cholesterol, 800mg sodium, 50g carbohydrate, 3g dietary fiber, 5g sugars, 24g protein, 8%DV vitamin A, 60%DV vitamin C, 4%DV calcium, 30%DV iron.

Exchange: 3 Starch, 1 Vegetable, 2 Meat (L)

Cheesy Chicken Salad Roll-ups

Prep: 10 min.

Total: 10 min.

- 3 oz. boneless skinless chicken breast, cooked, chopped (about 1/2 cup)
- 1/4 cup seedless green grapes, halved
- 1/4 cup chopped celery
- 2 Tbsp. KRAFT Mayo Light Mayonnaise
- 2 whole wheat tortillas (8 inch)
- 2 lettuce leaves
- 2 KRAFT 2% Milk Singles

MIX chicken, grapes, celery and mayo; set aside.

COVER each tortilla with lettuce leaf and 2% Milk Singles.

TOP evenly with chicken mixture; roll up.

Makes 2 servings, 1 roll-up each.

Special Extra: Add 1/4 cup PLANTERS Walnut Pieces to chicken salad before spooning onto tortillas.

Take Along: Roll-ups can be wrapped in foil or plastic wrap and packed in a cooler to take along when walking, hiking or biking. Be sure to keep them cool with an ice pack.

Nutrition Bonus: Make these easy wraps and enjoy a good source of calcium from the 2% Milk Singles! The whole wheat tortillas also supply fiber.

Nutrition Information Per Serving: 290 calories, 11g total fat, 3g saturated fat, 50mg cholesterol, 750mg sodium, 27g carbohydrate, 4g dietary fiber, 6g sugars, 21g protein, 25%DV vitamin A, 8%DV vitamin C, 25%DV calcium, 10%DV iron.

Exchange: 2 Starch, 2 Meat (L), 1 Fat

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.