

Getting on the Move

Why Americans are getting on the move...

The eating and physical activity patterns of many Americans have made us the most overweight nation in the world. More than 60% of American adults do not get the recommended 30 minutes of physical activity a day, and 25% of American adults aren't physically active at all. More than 120 million Americans – 64.5% of the adult population - are overweight; nearly 59 million, or 31% are obese.

Involve the Whole Family

A great first step to a healthier family is to include 5 to 9 servings of fruit and vegetables each day. A healthier family is also on the move, so include at least 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help to improve your entire family's health.





Encourage your family to help make the grocery list and prepare dinner. That way, everyone can select his or her favorite fruit and vegetables. By involving your kids, they'll be more likely to eat healthy foods, and they'll learn the basics of eating right. Start a little healthy competition in your family by tracking everyone's fruit and vegetable consumption as well as physical activity minutes each day. Total them up at the end of the week and see who ate the most and who was the most active. Remember, 5 servings is the minimum, so strive for 5 to 9 colorful fruits and vegetables!

Get Physically Active!

Regular physical activity is essential for your health. To decrease your risk of several chronic diseases, you should strive for at least 30 minutes of moderate-intensity physical activities on 5 or more days of the week, or vigorous-intensity physical activity 3 or more days of the week for 20 minutes or more per session. While any physical activity is better than none, additional health benefits can be gained by engaging in more physical activity.

Quick Bites

Try these tips and see how easy it is to eat 5 to 9 fruit and vegetables a day!

-  **Breakfast:** Add your favorite fruit to cereal or yogurt. Drink a glass of 100% juice.
-  **Lunch:** Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.
-  **Snacks:** Fill ice-cube trays with 100% juice (put in toothpicks) and enjoy the mini-Popsicle in no time.
-  **Dinner:** Have two vegetables and a salad.

What's a Serving?

The 5 A Day for Better Health Program defines one serving as:

- ✚ ¾ cup of 6 oz., 100% fruit or vegetable juice
- ✚ ½ cup raw, cooked, canned, or frozen fruit or vegetables
- ✚ ½ cup cooked, canned, or frozen peas or beans
- ✚ 1 cup raw, leafy vegetables
- ✚ 1 medium size fruit
- ✚ ¼ cup dried fruit

Health Benefits

- ✚ Health benefits are gained by eating 5 to 9 servings of fruits and vegetables each day and regular physical activity.
- ✚ Eating 5 to 9 servings of fruits and vegetables a day may reduce your risk of some types of cancer and other chronic diseases.
- ✚ Substitute fruits and vegetables for high calorie, low-nutrient foods.
- ✚ Regular physical activity helps decrease your risk for several chronic diseases, and also helps control your weight and reduce stress.

Health Tip

There are many reasons to include fiber into your diet. One of the reasons is that fiber moves food along keeps stool soft and lowers the pressure inside your colon. This way, small pouches and bulges of the colon are prevented – a condition known as Diverticulosis. To boost your fiber intake, eat lots of fresh fruit (apples, berries) vegetables, brown rice and whole grains.