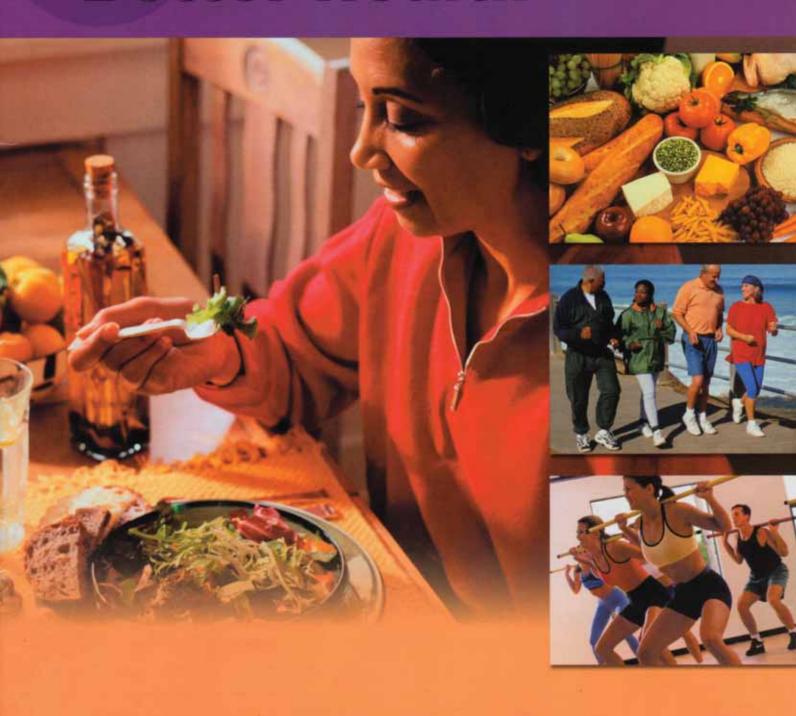
Self-Care Handbook

Eating and Exercising for Better Health





You may find it helpful to keep important names and phone numbers handy.

Write them below.

My health-care provider:	
Phone number:	
Address:	
Emergency contact:	
Phone number:	
Pharmacy phone number:	
Health insurance company:	
Phone number:	
Other people I may need to reach:	Phone numbers:

Please read:

Talk to your health-care provider! This handbook is not a substitute for the advice of a qualified health-care provider.



If you would like to improve your eating habits and get more physically active,

this handbook is for you. It will help you:

Think about the benefits

of eating healthier and being more active. They include:

- reducing the risk for—or managing—a health problem (such as heart disease, stroke, high blood pressure, high cholesterol, diabetes, arthritis and certain types of cancer)
- having more energy and managing stress better
- losing weight to feel and look better.

Chart your course

for making healthy changes. To help you stay motivated:

- Keep reminding yourself of the benefits.
- Make a plan that helps these changes become a normal part of your day.
- Set realistic goals and track your progress.

Work with your health-care provider

to make a plan that's right for you. You may also want to ask about working with a dietitian or nutritionist, or a personal trainer.

Eating healthier and being more active are keys to feeling your best—physically and mentally!

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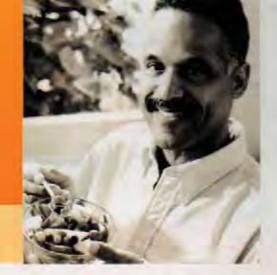
Learn more

Sources of information30

Note: Sources of information used in the creation of this handbook include www.ChooseMyPlate.gov, the 2015-2020 Dietary Guidelines for Americans (U.S. Department of Agriculture and U.S. Department of Health and Human Services), and the Physical Activity Guidelines for Americans, 2nd Edition (U.S. Department of Health and Human Services).

Eating better for better health

Start by knowing what's part of a healthy eating pattern. In general, healthy eating involves:



Matching portion sizes to calorie needs

You'll gain weight if you take in more calories than you use each day. Being overweight puts you at risk for health problems.

Check the calories and ingredients in foods and drinks. Track your daily intake. Make adjustments to stay within your calorie needs. (See pages 5 and 8 for more on determining these.)

Eating the right amounts of different foods

- Eat more vegetables and fruits at each meal.
- Choose a variety of protein foods, including seafood, and cut back on high-fat meats.
- Choose fewer items high in calories, saturated or trans fats, sodium and added sugars.

Taking other healthy steps

- Make smart choices from each food group every day. Think variety.
- Limit alcohol—or don't drink at all. People who should not drink at all include women who are pregnant or may be pregnant, and people recovering from alcoholism. Ask your health-care provider what's best for you.

Ask yourself:

How happy am I with my eating habits? What do I do well? What would I like to change? Would tracking what I eat for a few days help me see what I need to change?

Nutrient	Good sources include:
carbohydrates	whole grains, potatoes, fruits, vegetables and whole-grain cereal and pasta
protein	lean meats and poultry, seafood, eggs, low-fat or fat-free dairy products, beans, soybeans and nuts
vitamins	vegetables, fruits, low-fat or fat-free dairy products, beans and whole grains
minerals (such as calcium and iron)	low-fat or fat-free dairy products, green vegetables, lean meats and poultry, beans and dried fruits
fats	most liquid vegetable oils, nuts and some seafood
water	water, low-fat or fat-free milk, 100% fruit juice, and nonalcoholic and caffeine-free beverages.

See pages 8-13 for more on making healthy food choices.

Different people have different nutrition needs.

Know about any special needs you may have.



Your daily calories

The right number of calories for you depends on different factors. These include your age, gender and level of activity. (See page 8.)

Ask your health-care provider or a dietitian or nutritionist how many calories are right for you.

Also ask about any other special nutrition needs (such as for supplements).

Recommended calories

per day:	
Other recommendations:	

Women

Ask your health-care provider about folate and folic acid. In general:

- Women who are capable of becoming pregnant need 400 mcg (micrograms) of folic acid daily by taking a supplement or eating foods fortified with 100% of the daily value of folic acid.
- Pregnant women need 600 micrograms of folic acid daily. To reach this, most experts recommend taking a daily supplement with 400-800 mcg of folic acid and eating foods rich in folate every day.

Getting enough folate and folic acid can help lower the risk of certain birth defects, especially in the first few weeks of pregnancy. Good sources include:

- leafy green vegetables
- beans
- citrus fruits
- foods fortified with folic acid (such as whole-grain breads and cereals) and/or folic acid supplements.

Iron supplements are also often recommended during pregnancy. Ask your health-care provider.

Older adults

Older adults generally need fewer calories than when they were younger. But nutrient needs stay the same—or may increase in some cases, such as for vitamin D. So it's important for older adults to:

- choose foods that are low in calories and high in nutrients
- ask a health-care provider about the need for any supplements
- ask how to get the right amount of calories and nutrients if a health condition or medication affects your appetite.

Feelings of thirst may decline with age. But getting enough water is still important for good health. Older adults should ask their health-care providers about how much water they should drink.

See pages 8-9 for more information on the food groups.





People with certain health conditions

may also have special nutrition needs. Talk with your health-care provider or a dietitian or nutritionist about your needs.

People who have high blood pressure

need to:

- lose weight, if they are overweight
- get less sodium per day (see page 11)
- follow other dietary advice from their health-care provider, such as cutting back on saturated fat.

Some people may also need medication.

People who have diabetes

need to:

- lose weight, if they are overweight
- follow the meal plan they develop with their health-care provider (including when to eat).

Some people may also need insulin or other medication.

People who have high cholesterol

need to:

- lose weight, if they are overweight
- limit saturated fat to the same general amounts recommended for everyone (see page 11), or to lower amounts in some cases (for example, to help manage heart disease)
- limit trans fat—found in baked goods, margarine, fried foods, snack foods and other processed foods that contain "partially hydrogenated" oils
- work with a dietitian or nutritionist, in some cases.

Some people may also need medication.

If you have another health condition, be sure to talk with your health-care provider or a dietitian or nutritionist about any special nutrition needs.

Having a healthy weight is a key to your good health.

It can help reduce your risk for future health problems. Talk with your health-care provider about what's a healthy weight for you. He or she may:



Figure out your body mass index (BMI)

BMI is figured by a special formula that relates weight and height. For most adults, a BMI of:

- less than 18.5 means underweight
- 18.5-24.9 means healthy weight
- 25.0–29.9 means overweight
- 30.0 and up means obese.

You can also calculate your BMI by visiting the Centers for Disease Control and Prevention Web site at www.cdc.gov/healthyweight /assessing/bmi.

Note: The BMI figures above don't fit everyone, especially children, pregnant or breastfeeding women, and very muscular people.

Measure your waist

- This can help tell how much fat is around your abdomen too much is a health risk.
- Health risks increase if a man's waist is over 40 inches or a woman's waist is over 35 inches.

Recommend steps for losing weight, if you are overweight

Keep in mind:

- Making permanent, healthy changes in your eating and exercise habits helps you lose fat, not needed muscle.
 Having healthy muscles helps your body be leaner and burn more calories and be healthier overall.
- Losing weight slowly (about 1-2 pounds a week) is generally best. Avoid crash or fad diets (for example, high-protein diets). These can be dangerous to your health. And any weight lost is usually regained.

ocus on having good health—not on having an "ideal" body size or shape. nat size or shape may be unrealistic or unhealthy for you. Ask yourself:
ow happy am I with my weight, and my body size and shape?
hat changes, if any, would I like to see?
oes my health-care provider see these changes as realistic?
hat weight, and ways to reach or maintain it, does my health-care provider recommend for me?

Eat for good health.

What you choose to eat over time creates a pattern. Make it a healthy one by:



Making healthy choices consistently

No single meal will make or break your health. But when you make mostly healthy food and beverage choices, it helps you:

- achieve and maintain a healthy weight
- get the nutrients your body needs
- lower your risk of chronic disease.

It's important to stay within your calorie needs. Calorie needs change with age and activity levels. To find out what's right for you, visit www.ChooseMyPlate.gov.

Starting with small shifts

For example:

- shift to fat-free or low-fat dairy
- choose whole fruits over juice
- make at least half of your grains whole grains
- choose seafood, lean meats, lean poultry, nuts, seeds and soy products over high-fat or processed meats and poultry.

Focusing on nutrients, variety and amount

- Nutrients—Look for foods and beverages that are high in vitamins and minerals and low in solid fats, added sugars, refined starches and sodium.
- Variety—Have meals that include various food groups (see the next page). Vary choices within each food group, too. (For example, get a range of red, darkgreen, orange and starchy vegetables, plus beans and peas, throughout the week.)
- Amount—Balance portion sizes with physical activity to manage your weight.

Limiting saturated fat, added sugars and sodium

- Limit saturated fat to no more than 10% of your daily calories.
- Limit added sugars to no more than 10% of your daily calories.
- Get less than 2,300 mg of sodium per day. (Avoiding processed foods helps.)

Write	down	any	special
needs	you	may	have

for how much of a food to eat. Ask your health-care provider or a dietitian or nutritionist for help.

NOTE: These guidelines are for adults and for children age 2	
and older. Ask a health-care provider about nutrition for younger children.	



Make healthy choices from each food group every day. Vary your choices within each group over the week. Here are some examples of healthy eating patterns for 2,000 daily calories:

U.S.-style

- Vegetables*—2½ cups
- Fruits—2 cups
- Grains—6 ounces
- Dairy—3 cups
- Protein foods*—5½ ounces (aim for at least 8 ounces of seafood each week)

Vegetarian

(more plant proteins and whole grains; no meat, poultry or seafood)

- Vegetables*—2½ cups
- Fruits—2 cups
- Grains—6½ ounces
- Dairy—3 cups
- Protein foods*—3½ ounces

Mediterranean

(more seafood and fruit, less dairy)

- Vegetables*—2½ cups
- Fruits—2½ cups
- Grains—6 ounces
- Dairy—2 cups
- Protein foods*—
 6½ ounces (aim for
 15 ounces of seafood each week)
- *Most beans and peas can count as either a vegetable or a protein. Green peas and green beans count only as vegetables.

A note about measuring amounts of food

In some cases, different amounts of food count as 1 cup or 1 ounce. For example:

- 2 cups of leafy greens count as 1 cup of vegetables
- 1 egg, ¼ cup of cooked beans and ½ ounce of nuts each count as 1 ounce of protein.



Use your personal and cultural tastes to help build a healthy pattern. Learn more at www.ChooseMyPlate.gov.

Use the Nutrition Facts label

to help make healthy choices. It can help you quickly compare different foods before buying them. The format of labels may vary somewhat. Check labels for:

Serving size

This is the amount people tend to eat or drink. A healthy amount for you may be different.

What to limit

For example, choose foods that have less saturated fat, sodium and added sugars.

What to get

In general, choose foods that are high in vitamins and minerals (lower part of label) and dietary fiber.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving Calories

230

	Daily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sug	gars 20 %
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Source: U.S. Food and Drug Administration

a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

The number of calories in a serving

Ask your health-care provider how many daily calories you need.

Adjust how much you eat and drink throughout the day to stay within your calorie needs.

% Daily Value

20% or more is considered high and 5% or less is considered low.

Amounts of key nutrients in a serving

Use these to track how much you're getting. For example, in a day you should get about:

- 20 mcg of vitamin D
- 1,300 mg of calcium
- 4,700 mg of potassium.

Ask yourself:

Do I usually read nutrition labels?

If yes, how do they help me?

If no, what's stopping me?

Reading the Nutrition Facts label may be new to you. If it is, practice by comparing labels on some foods you have at home.

You can use the Nutrition Facts label to keep track of items you should limit.

You can also use it to help track any items you may need to eat more of (vitamins or minerals, for example).



Recommended limits for most people

are:

- 20-35% or less of daily calories from total fat
- less than 10% of daily calories from saturated fat.
- less than 10% of daily calories from added sugars
- no more than 2,300 mg of sodium per day. People who can't lower their intake to 2,300 mg should try to reduce it by at least 1,000 mg. Getting only 1,500 mg per day can have even greater health benefits.

(No daily limit has been established for trans fat, but you should avoid it, when possible.)

Remember, these guidelines apply to foods eaten over the course of a day—not to a single food or meal.

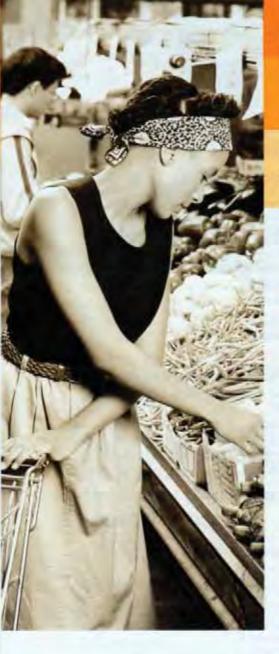
Every so often, check to see if you are eating the right amounts.

To do this, compare your recommended amounts with the amounts you actually eat. (Use the Nutrition Facts label to help add up the amounts you eat.)

Use the chart below to learn how many grams of fat you need each day. If the number of calories you need (from page 5) is not listed, ask your health-care provider to help you figure out your fat needs.

Ask your health-care provider if you need any special limits

—or if there are any items you need to eat more of than you do



Know how to make healthy food choices in every situation.

Follow the tips below. And ask your health-care provider or a dietitian or nutritionist for other tips. Write them in the spaces below.

Shopping

Healthy choices for meals and snacks include:

- fruits and vegetables—fresh, frozen or canned (no added salt, sauce or syrup)
- whole-grain bread, oatmeal, pasta and brown rice
- fat-free or low-fat (1%) milk and other fat-free or low-fat dairy products
- meats labeled "lean" or "extra lean," fresh fish, skinless poultry, light tuna packed in water, soy products (such as tofu), beans and nuts.

Eating fast food

- Order a salad (with dressing on the side) or a baked potato (plain, or with low-fat toppings).
- Choose a small, plain burger or order skinless chicken (grilled, roasted or baked).
- Avoid added cheese or bacon, fried sandwiches, French fries, mayonnaise and high-fat sauces.

Eating out

- Avoid high-fat foods (those that are crispy, fried, creamed or "au gratin").
- Ask how food is prepared.
 Request a healthier cooking method (such as steaming vegetables or leaving out salt).
 Choose restaurants that prepare food to order.
- Skip dessert or order a low-fat treat, such as fresh fruit or sherbet, or fat-free frozen yogurt.
- Share a meal or take some home.

Cooking

- Trim fat from meat and remove skin from poultry. Eat less meat, and more grains and vegetables.
- Cook with vegetable oil spray.
 Use oils high in unsaturated fat (such as olive, canola, corn or soybean).
- Flavor with parsley or other herbs instead of butter, sauces or salt.
- Poach, steam, roast, broil or grill instead of frying.



Eating Chinese food

- Choose steamed foods (such as vegetables or rice) and stir-fried dishes cooked in a small amount of oil.
- Avoid fried foods (such as egg rolls and fried rice), sweet-andsour dishes, duck and foods with monosodium glutamate (MSG) added.

Eating Italian food

- Choose whole-wheat pasta with marinara (tomato) sauce or pizza with vegetables and low-fat cheese.
- Avoid dishes made with cream sauces, high-fat meats (such as sausage) or cheeses (such as Parmesan dishes).

Eating Mexican food

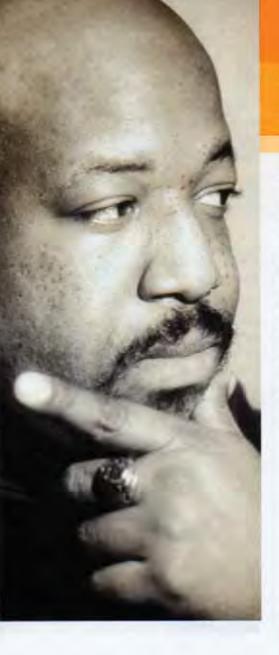
- Choose rice and beans, gazpacho, salsa and soft tacos or tortillas.
- Avoid refried beans cooked in lard, fried tortilla or nacho chips, sour cream and cheese dishes.

If you eat a vegetarian diet,

follow the tips on these pages for the foods you eat. Ask your health-care provider or a dietitian or nutritionist for other advice to ensure that all your nutrition needs are met.

Eating your favorite foods

Talk with your health-care provider or a dietitian or nutritionist about ways to make your favorite food choices healthier—for meals and snacks. (You may want to keep a food diary for several days to help you do this. Write down what and how much you eat.)



Some questions and answers

Shouldn't I take vitamin and mineral supplements even if I have no special needs?

Most people should aim to meet their nutritional needs by eating a variety of healthy foods. Certain people (pregnant women, for example) may be exceptions. Be sure to always consult your health-care provider for advice before taking any supplement. Tell all of your health-care providers about any supplements you take.

I keep hearing about antioxidants. What should I know about them?

Antioxidants are nutrients that may play a special role in reducing the risk of cancer, heart disease and other chronic health conditions. Research is being done to learn exactly how they work.

- Antioxidants include vitamin C, beta-carotene (which forms vitamin A), vitamin E and some minerals.
- They are found in plant foods, such as fruits, vegetables, grains and some nuts. Seafood and black or green tea are also good sources.

As with other vitamins and minerals, it's best for most people to get needed antioxidants by eating a variety of healthy foods.

You may	have	other	questi	ons.
---------	------	-------	--------	------

Write them here and talk about them with your health-care provide or a dietitian or nutritionist.					provider

What's keeping you from eating healthier?

Write down what you want to gain from eating healthier. Then think about what may be keeping you from doing it. Read some of the common barriers listed, and write your own. Talk with your health-care provider about ideas for change. Use these to help make your plan (see page 16). Benefits I would like to eat healthier, to help me... Barrier Possible change Pack easy-to-carry foods, such as fruit, I don't have time to sit down carrot sticks and crackers with low-fat cheese. and eat a meal. I live alone—preparing a healthy meal Prepare extra to freeze for other meals. isn't worth it. Take a walk or talk to a friend instead. I eat to relieve stress.

Set your personal goals

for healthier eating. Ask your health-care provider or a dietitian or nutritionist to help you plan 1 or 2 changes to try each week. Use your notes from pages 13 and 15.

Example:	Instead of Drinking whole milk	Try Low-fat or fat-free milk	Notes I got used to the new taste.
Week 1			
Week 2			
Week 3			
Week 4			

Track your progress

toward healthier eating. Especially in the first month or so, recording your successes and any benefits you notice can help you stay motivated. You may also find it helpful to note any problems reaching a goal, and other ideas to try.

	I succeeded in	I had trouble with	Notes
Week 1			
Week 2			
Week 3			
Week 4	The view or had now the second		



Being more active another key to better health

In general, a healthy physical activity plan involves:

Keeping the benefits in mind

People of all ages can benefit from regular physical activity. Some benefits are immediate. For example, a single session of moderate-to-vigorous physical activity can:

- give you more energy
- improve your mood
- help you sleep better.

Over time, regular physical activity can:

- reduce the risk of certain health conditions (such as heart disease, high blood pressure, colon cancer and diabetes)
- help you reach and maintain a healthy weight
- keep your mind sharper and help you stay independent as you get older.

Moving more and sitting less every day

Even small amounts of activity can add up. Every week, aim for:

- at least 150 minutes of moderate-intensity aerobic activity (or 75 minutes of vigorous-intensity activity) anything that gets your heart beating faster counts
- muscle-strengthening exercises on at least 2 days anything that makes your muscles push against extra weight or force counts.

If that's too much, do what you can. Even 5 minutes is a good start!

Try to get a mix of activities see pages 22-23 for examples.

Making physical activity a part of daily life

This doesn't have to mean making major changes. Keep in mind that there are many ways to fit physical activity into your day. And every little bit counts. Say your goal is 150 minutes of physical activity in a week. If you did yardwork for 30 minutes on 2 days, took a 15-minute walk to the post office on 4 days and rode your bike for 30 minutes on 1 day, you've reached your goal!

Also, substitute physical activity for some TV or other "screen time."

Some people may have special exercise needs.

Know what special needs you may have.

Keep in mind that most people can benefit from being more active. But your health-care provider may have special advice about how to do this, for example, if you:

- are pregnant or have recently given birth
- have certain disabilities
- have a chronic condition, such as diabetes, high blood pressure or arthritis.

Talk with your health-care provider.

If you fall into any of the groups above—or if you have other concerns about becoming more active—talk to your health-care provider <u>before</u> you start or change an exercise plan. Ask about the amount and intensity of activity that's right for you. Also ask about any special precautions you may need to take. Write down your health-care provider's advice here. Use the information to help you complete the charts on pages 27-29.

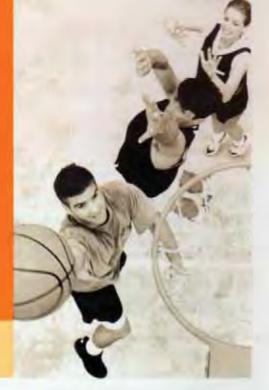






Making an exercise plan that works for you

To help make a plan that you're likely to stick with, try to:



Include a variety of activities that you enjoy.

This can help keep you interested. Consider these examples:

- walking
- swimming
- bicycling
- dancing
- yardwork or gardening
- a group sport, such as soccer or basketball.

Think about how you can fit some physical activity in every day.

For example:

- Could you set aside a regular time, such as when you get up in the morning or get home from work?
- Could you do smaller amounts of activity throughout the day? For example, walk to work or take a walk at lunchtime? Or make a habit of using stairs instead of elevators, or parking at the far end of the parking lot when shopping?

(Be sure to keep personal safety in mind at all times.)

Set realistic goals.

This can help you:

- prevent injury
- avoid becoming discouraged.

Especially if you have not been very active, it's important to start slowly (exercising for short amounts of time, for example). It's also important to build up gradually, at a rate that's right for you. (See pages 24-25 for ways to monitor the intensity of your activity.)





Ask yourself: What activities would I like to include?

Answer these questions to help you get ideas.

Do I prefer to exercise alone, or with a friend or group?

What activities have I tried before? How did I enjoy them?

What activities do I do now (including things such as housework or yardwork)?

Would I rather be outdoors or indoors (for example, playing tennis or using an exercise video)? What time of day works best? Would I rather set aside one time or shorter blocks of time?

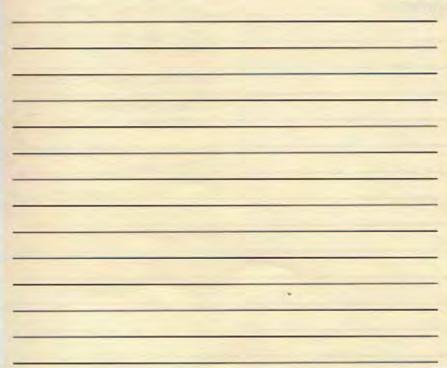
What smaller changes can I make (for example, walking to the store)?

Is money a factor? Do I prefer not to spend much money on exercise? Do I want to try joining a fitness center (see page 26)?

Will planning nonfood rewards (such as new exercise clothes) help me?



Ask your health-care provider to help you plan your first month of exercise. Use the chart on page 28.



Including aerobic activity is important.

Aerobic activities make your heart beat faster and make you breathe harder. They involve constant movement of large muscle groups (such as the legs).



Benefits of aerobic activity

include:

- strengthening your heart and lungs
- increasing your endurance
- burning calories.

Some examples of aerobic activities

include:

- brisk walking
- bicycling
- active dancing
- swimming.

My health-care provider recommends:

How much energy (calories) do different activities use?

Here are some examples of calories burned in 30 minutes of activity for a 154-pound person:

- hiking—185 calories
- gardening-165 calories
- bicycling (less than 10 miles per hour)—145 calories
- brisk walking (3.5 miles per hour)—140 calories
- swimming laps—255 calories
- playing basketball—
 220 calories
- running (5 miles per hour)—
 295 calories.

Source: www.ChooseMyPlate.gov

Other types of exercise are also important.

Ask your health-care provider for advice about including these in your exercise plan, and to suggest exercises for each type. You may want to ask about activities such as yoga, too.



Warming up and cooling down

Each time you exercise, it's important to warm up before and cool down after. This can help prevent soreness, stiffness and injury. (Doing your main exercise at a lower intensity is one way to warm up and cool down.)

Stretching

This helps improve flexibility, prevent injury and reduce tension. Be sure to warm up before stretching.

Ask yourself: What things could I do more easily if I were more flexible?

Strengthening

Do strength-training exercises at least 2 days each week in addition to your physical activity routine. These exercises hdp keep muscles and bones strong. They also help burn caloris. Strengthening improves baance and helps with daily activities.

Ask yourself: What things could I do more easily if I were stronger?

My health-care provider recommends:		
	F	



Monitoring the intensity of your physical activity

can help you make sure you're working hard enough, but not too hard. It can also help you see your progress as you become more fit. Here are some ways to monitor exercise intensity:

Using the talk test

Try talking out loud while being active. Keep these general guidelines in mind:

- You should be able to carry on a conversation while being active. If you can carry on a conversation without difficulty, you're working at a moderate intensity. If conversation is difficult or broken, you're working at a vigorous intensity.
- If you can sing, you're only working at a light intensity. Try to speed up or work harder.
- If you are unable to speak, you're working too hard and should slow down.

Rating how hard you feel you're working

This involves paying attention to how your whole body feels while being active. One way to rate how hard you feel you're working is to ask yourself if it feels like you are:

- doing no activity
- doing very light activity
- working somewhat hard
- working hard
- working very, very hard.

In general, stay in the middle range to improve endurance.

Informatio	on about what r	ange to aim for.	
Ask about wa	arming up, cooling	down and different types	of
exercises (su	ch as strengthening	You may also want to as stay within that range.	K IC
ideas about a	ictivities to help you	i stay within that range.	
		4	
			_

Knowing your target heart rate

This is how fast your heart needs to beat each minute during physical activity for you to get the most benefit. Many beginners may want to aim for a target heart rate that is 50-60% of their maximum heart rate. (Your maximum heart rate is the fastest your heart can beat. Never exercise at this rate.)

Ask your health-care provider to help you figure out your target heart rate.

Use these steps:

 Subtract your age from 220 to find your maximum heart rate.

$$220 - \underline{\qquad} = \underline{\qquad}$$
 (max. heart rate)

Multiply your maximum heart rate by the correct percentage to find your target heart rate. (Your health-care provider can tell you what percentage is right for you.)

$$(max.)$$
 \times $(percentage)$ $=$ $(target)$

Example for a 40-year-old with a recommended target heart rate of 60%:

$$1.220 - 40 = 180.$$

2.
$$180 \times .60 = 108$$
 beats per minute.

Taking your pulse

This is a way to monitor your target heart rate during activity. You may also want to take your pulse before and after you're active. Here's one method for taking your pulse:

- Lightly place your index and middle fingers on the underside of your wrist, below the base of your thumb.
- When you feel a steady beat, count the number of beats in 15 seconds.
- Multiply the number of beats by 4 to get the number of beats per minute.

Ask your health-care provider for help taking your pulse if you need it.

Notes:

It may also help to practice when you're not exercising. And ask what your pulse should be at other times, such as during rest (about 60-100 beats per minute is usually considered normal).

Being active for more time at a lower level of intensity is just as helpful as being active for less time at a higher level.

Take steps to stay safe.

It's important to:

Wear the proper gear.

For example, you may need:

- walking shoes or other special footwear
- safety gear, such as a bicycle helmet, or reflective tape or clothing
- clothing that's right for the weather, such as the proper layers and types of fabric
- sunscreen (broad spectrum, with an SPF of at least 15), sunglasses and a hat to protect your skin and eyes from the sun.

Be active indoors in hot, cold or stormy weather.

Drink enough water.

Drink water before, during and after being physically active, especially in hot weather. Don't wait until you feel thirsty.

Ask your health-care provider about any special advice for getting enough water.

Know when to stop.

For example, stop right away if you:

- injure yourself or feel pain (including chest or neck pain)
- feel dizzy, nauseated or extremely tired—or sick in any way.

Ask your health-care provider what to do in these cases and about other signs to watch for. Also ask about exercising if you're not feeling well (for example, if you have a cold).

Write the instructions below:

If you're thinking about joining a fitness center,

buying home equipment or using a personal trainer, be sure to:

- Ask about staff certifications.
- Ask about equipment safety and about training to use it.
- Learn about all your options.
 Ask if there's a trial period to see how you like the equipment or service.
- Consider convenience. For example, how busy is a center when you want to use it? Is it near enough that you're likely to keep going?

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What's keeping you from being more active?

Write down the benefits you want from being more active. Then think about what may be keeping you from doing it. Read some of the common barriers listed, and write your own (if time is a barrier, see page 20 for some ideas). Talk with your health-care provider about ideas for change. Use these to help make your plan (see page 28).

Barrier	Possible change
Exercising costs too much.	Focus on activities with little or no cost, such as walking or gardening.
I get bored when I exercise.	Make exercise a social time, by including my family or friends.
I might get hurt.	Try an easier activity, such as walking, and build up gradually.
I'm too tired most of the time.	Try a small amount when I wake up or during lunch. Track my energy level, to see if I notice an improvement.

Set your personal goals

for being more active. Use this chart to map out the first 4 weeks of your plan. (Make copies first.)

Week of	Activity	When	How long	Notes
Sunday				editenniii martinii birrat
Monday	egental			things.
Tuesday				
Wednesday	STATE OF THE SECOND			The Property of the Party of th
Thursday				
Friday				
Saturday				

Track your progress

toward being more active. Help yourself stay motivated during your first month. Record successes and any benefits you notice, any problems reaching a goal and other ideas to try.

	I succeeded in	I had trouble with	Notes
Week 1			
Week 2			
Week 3			
Week 4			205 y Jun 12 miles

Learn more

about how you can make healthier eating habits and regular physical activity part of your life. Contact these sources:



Food and Nutrition Information Center

1-301-504-5414 www.nal.usda.gov/fnic

Centers for Disease Control and Prevention

1-800-CDC-INFO (1-800-232-4636) www.cdc.gov/healthyweight

Center for Nutrition Policy and Promotion

www.cnpp.usda.gov

Academy of Nutrition and Dietetics

www.eatright.org

American Heart Association

1-800-AHA-USA-1 (1-800-242-8721) www.heart.org

President's Council on Sports, Fitness & Nutrition

www.hhs.gov/fitness.

Remember to visit www.ChooseMyPlate.gov

or talk to your health-care provider to learn about an eating pattern that fits your needs!

Notes:	



You <u>can</u> make healthy changes for a healthier life!

Work with your health-care provider

to help make an eating plan that works for you.

Build healthier eating habits

by making changes a little at a time.

Increase your physical activity

at a rate that's right for you, doing activities you enjoy.

Track your progress

to help you stay motivated and make any needed changes.

Enjoy your efforts and your results!