Getting Active

Low Impact Activities: walking, gardening, yoga, swimming, stretching

High Impact Activities: running, hiking, cycling, tennis, kayaking

The American Heart Association recommends 150 minutes a week of moderate exercise or 75 minutes of intense exercise.

Some exercise is always better than nothing.

Start with small attainable changes.

Set goals.

Commit to being active with a friend or family member.

CENTRAL VERMONT LIVES HEALTHY

Poor diet and physical inactivity is the second leading cause of preventable death!
Shopping for Healthy Foods without Breaking the Bank

1. Make a shopping list and stick to it.
2. Look for fresh fruits and vegetables that are in season.
3. Start shopping in the outside aisles to avoid filling up on processed foods.
4. Eat something BEFORE you shop.

Go to the Farmer’s Market for the cheapest, freshest fruits and vegetables.

Eating 250-500 calories less per day = 0.5-1 pound weight loss each week.

What’s In Season?
Below are some examples of fruits and vegetables to look for in each season. For more information go to:
http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce

**Summer:** blackberries, blueberries, green beans, kiwi, mangoes, watermelon, corn

**Fall:** apples, bananas, broccoli, pears, garlic, grapes, potatoes, ginger, spinach

**Winter:** Leeks, lemons, onions, sweet potatoes, carrots, brussels sprouts, turnips

**Spring:** strawberries, asparagus, swiss chard, mushrooms, rhubarb

Portion Control
Visual Comparison’s for good portion control.

1 tsp of peanut butter = one grape
1 Cup of Ice Cream = size of baseball
½ Cup of Pasta = size of hockey puck

Draw a line on your bowls at the 1 cup line for more accurate measurement.

Use a smaller plate.

To calculate how many calories your body needs in a day go to:
http://www.mayoclinic.org/calorie-calculator/itt-20084939

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