

Useful Resources

Websites:

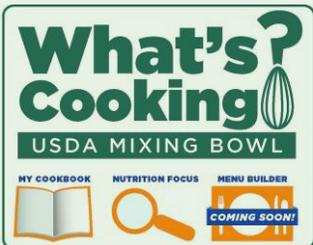
If you want to just get started...

Diet

For general information & tools:



To find healthy recipes:



<https://www.whatscooking.fns.usda.gov/>

Diet & Exercise



SuperTracker

<https://supertracker.usda.gov/>

Exercise

<http://www.letsmove.gov/action>

FAQs



I have arthritis and my knees hurt when I go walking. How should I increase my level of exercise?

- Swimming is a great, low-impact form of exercise.

How much water should I drink during the day to stay hydrated?

- Drink enough to keep up with your activity level- about 8 full 8 oz glasses or more

How should I snack during the day?

- Healthy snacks (such as cheese, crackers, veggies or fruits) in 2 hour intervals can help keep hunger at bay

Further steps:

- ❖ See *Exercise & Fitness Resources brochure* here for more physical activity ideas
- ❖ Contact a staff member for additional information
- ❖ Contact your doctor about a referral to a nutritionist

Contact

Danville Health Center
26 Cedar Lane
Danville, VT 05828
802-684-2275



HEALTHY EATING & LIVING

Benefits that last a lifetime



Danville Health Center

(Photo taken by Flek)

If you want to expand your existing exercise regimen...

- There are many online videos of aerobic exercises of varying length and intensity [ex: Daily Burn on Hulu]
- Look up **workout trainer** app on your phone
- Sign up for a yoga class

Nearby yoga sites:

1. Heart Space Yoga & Movement Center; 446 Railroad St., St. Johnsbury 802-626-3398 [1st class free; open all days]
2. St. Johnsbury Center for Wellbeing 364 Railroad St., St. Johnsbury 802-748-1516 [open M/Th/Fridays]

Websites & Apps to track your fitness

My fitness pal [Website & App]

- <https://www.myfitnesspal.com/>

Map my fitness [Website]

- <http://www.mapmyfitness.com/>

Daily Burn Tracker [App]

Stepz- Pedometer [App]

<https://www.supertracker.usda.gov/bwp/> [Website, normal or expert mode]

If money is tight but you want to eat healthy...

- Look into nutrition assistance programs (**See staff for further details**):
 - Senior Farmer's Market Nutrition Program
 - Veggie Van Go [Mobile Food Pantry]

Small ways to make a difference



Tip: Regular good sleep can help maintain a healthy weight!

Ideas for simple ways to add exercise:

- ❖ Park the car a little further away from the grocery store or your office building
- ❖ Take the stairs instead of the elevator if you can
- ❖ Take a short walk with your spouse, child, sibling, friend or grandchild
- ❖ Stand up more during the day
- ❖ Walk to the mailbox to pick up your mail
- ❖ Go to pick your own berries
- ❖ Start a garden or if you already have one, garden once or twice a week

Key Facts about nutrition

- 1 pound of weight= 3500 calories [general estimate]
- Calories in 1 can (12 oz) of soda= 150
- Any weight loss can help!
- Only 5-10% weight loss is needed to see health benefits!
- For a 200 pound person
 - 5%= 10 pounds
 - 10%= 20 pounds
- 30 minutes of aerobic exercise (running, walking, etc.)/day is recommended for good health

Thirty minutes/day can be broken up into:

- 5 minute intervals
- 10 minute intervals

**You only need to cut back by 500 calories a day to lose a pound in a week! **

500 calories =

- 3.25 cans of Coca Cola
- ~3 cans of beer
- 2.5 medium size donuts

Quick Tip: Try substituting a glass of water for a can of soda/beer/juice each day

