



Trying To Live a Healthy Lifestyle?

Tips to overcome some of the challenges....

A healthy lifestyle can help you enjoy more aspects of your life by lowering the risk of certain diseases and illnesses, by being a positive role model for your children, friends or family members, and helping you feel better about yourself!

Two major components of a healthy lifestyle, being physically active and eating a nutritious diet, can be challenging in today's environment. Have you noticed:

- Food is available in overabundance and can be found anywhere - from widely available vending machines to food in bookstores, schools, gas stations, shopping centers, health clubs, community events and at the worksite.
- Not only is food overabundant, serving sizes and sugar content in food have both increased greatly over the years. We are also constantly bombarded with advertisements for many of these high-fat, high-sugar and high-calorie foods.

In addition to 'the overabundance of food' in our environment, trying to find time to be physically active can be a challenge as well. Have you noticed:

- The workplace environment has become increasingly sedentary;
- Our 'built environment' caters to cars instead of encouraging us to walk from place to place because of fewer sidewalks and community design; and
- Leisure time has moved away from recreational or physical activities to computer and TV entertainment;

So don't be discouraged if you have felt challenged to live a healthier lifestyle. Try one of these as a way to meet the challenge:

- **Be Physically Active!** Anything you do that gets you up from your chair and moving around counts! Take the stairs, park farther away in parking lots, mow the lawn, rake leaves, wash your car, or walk the dog.
- **Decrease Soda.** Soda can be one of the leading sources of added sugar and calories. A 20-ounce bottle of soda (frequently sold in vending machines) has approximately 300 calories. Instead drink plain or flavored water.



- Limit TV/Screen Time. The average American watches between 28 and 32 hours of TV per week. If you replace a half hour a day with physical activity, you will get enough activity to maintain health. To lose weight, aim for 1 hour or more of physical activity a day.
- Reduce Eating Outside of Your Home, Especially in Fast Food Restaurants. Research shows we will consume more calories when eating away from home. If eating out, choose baked, broiled or grilled foods. Depending upon portion size, save half your entrée for the next day.
- Increase Servings of Fruits and Vegetables to 5 Cups Per Day. Fruits and vegetables are low in calories and high in vitamins, minerals and fiber. Increase fruits and vegetables to help replace other less healthy foods in your diet. New Hampshire Farmers' Markets provide an opportunity for individuals to purchase locally grown fresh fruits, vegetables and herbs. A list of NH Farmers' Market locations can be found at: <http://nh.gov/agric/publications/index.htm>
- Decrease High Sugar Foods in Your Diet. High sugar foods such as candy, cake, cookies and soda do not satisfy hunger. They do not provide nutrients and are very high in calories. Instead, choose foods such as pretzels, reduced-fat popcorn, low-fat yogurt, fresh or dried fruit.

All the SMALL changes you make can help you achieve a healthier lifestyle!

