

What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Tips for Eating Healthy when Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer or side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a “doggy bag.”
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served “on the side” so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.

- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

Tips to help you make wise choices from the meat & beans group

Go lean with protein:

- Start with a lean choice:
 - The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
 - The leanest pork choices include pork loin, tenderloin, center loin, and ham.
 - Choose extra lean ground beef. The label should say at least “90% lean”. You may be able to find ground beef that is 93% or 95% lean.
 - Buy skinless chicken parts, or take off the skin before cooking.
 - Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
 - Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.
- Keep it lean:
 - Trim away all of the visible fat from meats and poultry before cooking.
 - Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
 - Drain off any fat that appears during cooking.
 - Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
 - Prepare dry beans and peas without added fats.
 - Choose and prepare foods without high fat sauces or gravies.

Vary your protein choices:

- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring.
Some ideas are:
 - Salmon steak or filet
 - Salmon loaf
 - Grilled or baked trout
- Choose dry beans or peas as a main dish or part of a meal often. Some choices are:
 - Chili with kidney or pinto beans
 - Stir-fried tofu
 - Split pea, lentil, minestrone, or white bean soups
 - Baked beans
 - Black bean enchiladas
 - Garbanzo or kidney beans on a chef’s salad
 - Rice and beans
 - Veggie burgers or garden burgers
 - Hummus (chickpeas) spread on pita bread
- Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items:
 - Use pine nuts in pesto sauce for pasta.
 - Add slivered almonds to steamed vegetables.
 - Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
 - Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
 - Add walnuts or pecans to a green salad instead of cheese or meat.

For more tips visit: <http://www.mypyramid.gov/>