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## NUTRITION AND EXERCISE

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### EATING RIGHT

You are what you eat. You've heard that before, but it's still hard to believe it's true. What you eat affects how you look, how your body grows, how you feel and how much energy you have. If you are a guy, your body will keep growing until you reach age 21. Girls' bodies usually grow until they are 18. That's why eating right and proper exercise is the only way to look and feel your very best.

#### Why do you need to eat healthy foods?

- For energy to learn, play and live
- To grow and develop at a normal rate
- To help you stay at a healthy weight
- To keep your body working properly



#### What should you eat?

- A healthy diet includes 5 or more servings of fruits and vegetables a day. To get 5-a-day, eat a piece of fruit at every meal and eat vegetables at lunch and dinner.
- A healthy diet includes whole grains. Good choices include oatmeal, whole wheat bread, brown rice, wild rice, whole wheat pasta and popcorn.
- A healthy diet includes calcium-rich foods. Include at least 3 servings of dairy products every day including skim or 1% milk, yogurt, or low-fat cheese.
- A healthy diet includes plenty of fluids. Choose low-fat milk, water or 100% fruit juice instead of soda. Too much soda can lead to more cavities and more trips to the dentist.
- A healthy diet limits high-fat junk food such as potato chips, cookies, and candy. Instead, choose pretzels, trail mix, and fruit.

Only you can take charge of your eating style. Start now. Have fun getting a personalized “food pyramid” based on your age, gender and level of activity, at [www.mypyramid.gov](http://www.mypyramid.gov), sponsored by the **U. S. Department of Agriculture**.

For more information on eating right, ask your family doctor. Or, check out the **American Heart Association** website at [www.americanheart.org](http://www.americanheart.org) and click on “Getting Healthy.”

## EXERCISE

### Why is being active so important?

Your body is your vehicle. Like any well running vehicle it needs to be maintained. Exercise is necessary to keep your body healthy, strong, and continue running well for a lifetime. Being active will help you stay at a weight that's right for you or help you lose weight slowly. It makes you feel better if you're in a bad mood, relax you, and help you sleep.

### What types of exercise are good to do?

It doesn't matter what you do for exercise, but it does matter that you move your muscles and get your heart pumping. There are many ways to be more active.

- Join the YMCA/YWCA
- Hike Rib Mountain State Park
- Join the Boys & Girls Club
- Visit the Parks, Recreation and Forestry Dept. for ideas
- Take a Physical Education class at school
- Learn a new sport
- Ride the Mountain-Bay Bike Trail
- Swim at the public pools
- Use the skateboard park
- Play disc golf
- Dance to your favorite music
- Check out an aerobics DVD from the library and use it at home
- Take the stairs, walk to school or the store
- Jump rope, fly a kite, play tennis



### How much exercise do I need to do?

If you haven't been very active, start slowly. Try a few minutes each day. Slowly work up to 30 to 60 minutes almost every day. Make sure exercise is part of your daily life. Do something you like to do and make it fun. Be active with family and friends—it's easier and more fun when you exercise with a buddy.

Just for fun, take the "Portion Distortion" Quizzes at the **National Institutes of Health** website: <http://hp2010.nhlbihin.net/portion>. It will show how the trend to "super-size" affects the amount of exercise we need just to burn up the extra calories in today's food portions!

For more fitness information, check out **The President's Council on Physical Fitness & Sports** at [www.presidentschallenge.org](http://www.presidentschallenge.org)

For more information about local nutrition and exercise programs, call: **United Way's 2-1-1 . . . . .dial 2-1-1 or (715) 848-2255 24 hrs./day**  
 Or, search the Keywords **NUTRITION** or **EXERCISE & FITNESS** at:  
[www.unitedwaymc.org/211.htm](http://www.unitedwaymc.org/211.htm)

Offers information & referral to community services that can help.