

# Healthy Eating: Make It Happen!

## Exercise and Health

### It is never too late!

Regular exercise is a critical part of staying healthy. People who are active are shown to live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers, and heart problems.

It is recommended that adults need at least 30 minutes of moderate physical activity at least five days per week. This doesn't necessarily mean that you need to go out and run a marathon, many things you may do on a daily basis may already be considered exercise! Such things as walking, dancing, mowing the lawn, swimming, or bicycling count.

Sometimes, even taking 10-minute breaks, three times a day can get you your exercise! During television commercial breaks and reading breaks are a great time to get your body moving. Here are some other great tips that can contribute to a healthy exercise lifestyle.

- Start your day with breakfast! This can help fuel your body for when you do get exercise during the day. Grains, fruits, and vegetables are high in carbohydrates so they're high in energy.
- Snack smart. Snacks are a great way to stay fueled. But – make sure the snacks are healthy and not empty calories. Choose snacks from different food groups too!
- Exercises that make you breathe hard and sweat are exercises that make your heart strong. But make sure not to push it to the point where you're feeling physical pain.
- Don't forget to stretch! By doing so, you're reducing the risk of pulling a muscle or getting injured.
- Being active is much more fun with friends and family. Encourage others to join you!
- Overall, just have fun. If exercising seems like a chore, find something that you will *want* to do!

### Exercise Ideas

- Walking
- Housework: windows, vacuuming, dishes, etc.
- Gardening
- Cleaning your car
- Playing with children
- Bicycling
- Toss a Frisbee
- Swimming
- Any sport!

