

MY BRIGHT FUTURE: PHYSICAL ACTIVITY AND HEALTHY EATING



For Adult Women



This booklet will help you learn more about the importance of physical activity and healthy eating in your daily life. It will also help you talk with your health care provider about these topics and set healthy goals.

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LET'S GET STARTED...

GETTING STARTED

This section asks questions about your current levels of physical activity (moving your body) and healthy eating. Please check the boxes that best answer each question.

PHYSICAL ACTIVITY

1. How many days a week do you do physical activities?
 - 7 days
 - 5-6 days
 - 3-4 days
 - 1-2 days
 - 0 days
2. How much time do you spend being physically active on a typical day?
 - More than 30 minutes
 - 20-30 minutes
 - Less than 20 minutes
 - 0 minutes



3. What types of physical activity do you enjoy doing? (Check all that apply.)
 - Walking
 - Running
 - Playing individual or team sports
 - Swimming
 - Dancing
 - Climbing stairs
 - Housecleaning
 - Yard work
 - Lifting weights
 - Playing actively with children
 - Others _____
4. What are some of the reasons that keep you from being as physically active as you'd like to be? (Check all that apply.)
 - Lack of time.
 - Don't know how to be more physically active.
 - Childcare is not available.
 - Have a physical problem, pain, or disability.
 - Don't have a safe place to be physically active.
 - Lack of energy.
 - Don't want to exercise in front of other people.
 - Others _____

HEALTHY EATING

5. On a typical day, how often do you have foods from the milk group? For example, how often do you drink milk, add milk to your cereal, or eat yogurt or cheese?
- Three or more times a day
 - Twice a day
 - Once a day
 - Less than once a day
6. On a typical day, how often do you eat foods from the meat and beans group, such as hamburger, chicken, turkey, fish, pork, peanut butter, eggs, nuts, dried beans, or tofu?
- Three or more times a day
 - Twice a day
 - Once a day
 - Less than once a day
7. On a typical day, how often do you eat foods from the grains group, such as cereal, rice, pasta, breads, tortillas, couscous, bagels, pita bread, or crackers?
- Three or more times a day
 - Twice a day
 - Once a day
 - Less than once a day



8. On a typical day, how often do you eat fruit or drink 100% fruit juice?
- Three or more times a day
 - Twice a day
 - Once a day
 - Less than once a day
9. On a typical day, how often do you eat vegetables or drink 100% vegetable juice?
- Three or more times a day
 - Twice a day
 - Once a day
 - Less than once a day
10. On a typical day, do you think about or do any of the following? (Check all that apply.)
- Think about the nutrients in my food.
 - Try to eat nutrient-rich foods.
 - Get the recommended nutrients through my food.
 - Take vitamins or minerals.
11. What are some of the reasons that keep you from eating as healthy as you'd like to?
- Not sure which foods are healthy for me.
 - There isn't a grocery store in my neighborhood.
 - Healthy food is expensive.
 - Don't have time to cook healthy food.
 - Have to cook foods that my kids will eat.
 - Others _____



“Since last year, I’ve gained a few pounds and don’t feel good with this extra weight. I started paying more attention to the things I eat, but knew that I had to start exercising. So I joined an exercise class at my church with a good friend. We kept each other going, and after 3 months, I’ve lost 10 pounds and found I have more energy. Not only that, but since I’ve had so much fun and made some great new friends, I’m going to keep up the classes.”

*Linda
Springfield, Illinois*

TALKING WITH MY HEALTH CARE PROVIDER



Many health care providers will answer your questions about physical activity and healthy eating. Let your provider know that you have some questions at the start of your visit or if he or she asks if there is anything that you'd like to talk about. Here are some examples of questions that you may want to ask.

- Am I getting enough physical activity?
- How do I fit more physical activity into my life?
- What are some physical activities that I can add to a typical day?
- I have back pain or knee pain. What are some activities that I can do safely?
- I would like to lose some weight. What is a safe and healthy way for me to do this?
- What are some nutrient-rich foods for me to eat?
- Am I in a healthy weight range for my height and age?

In the space below, write questions you would like to ask your health care provider. **My own questions:**

1. _____

2. _____

3. _____

Share this booklet and the previous sections that you've completed with your health care provider. Remember to ask your questions.





TO BE COMPLETED BY MY HEALTH CARE PROVIDER

MY HEALTH CARE VISIT

These pages are for your health care provider to fill in. Now is the time for you and your health care provider to review this information together.

Date: _____

Height (inches): _____

Weight (pounds): _____

BMI: _____

(Use chart on the right to find where height and weight meet.)

The body mass index (BMI) is a measure of body fat based on height and weight (not just weight alone). A BMI of 25 or higher means you are overweight or obese and at a higher risk for high blood pressure, heart disease, stroke, type 2 diabetes, and other conditions. (Note: People who are muscular tend to have higher BMI scores without necessarily being overweight.)

Other measurements to keep in mind:

Blood pressure: _____

Cholesterol level: _____

Current Physical Activity Level Assessment:

- On target
- Recommend changes

		Weight in pounds															
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in feet and inches	4'10	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52
	4'11	20	22	24	26	28	30	32	34	36	38	40	42	44	46	49	51
	5'0	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'1	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	47
	5'2	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'3	18	20	21	23	25	27	28	30	32	34	35	37	39	41	43	44
	5'4	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'5	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
	5'6	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'7	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39
	5'8	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'9	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37
	5'10	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	5'11	14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35
	6'0	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'1	13	15	16	17	19	20	21	22	24	25	26	28	29	30	32	33
6'2	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6'3	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	
6'4	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	

Underweight: Less than 18.5
 Healthy Weight: 18.5 – 24.9
 Overweight: 25 – 29.9
 Obese: 30 and above

Current Nutrition and Eating Habits Assessment:

- On target
- Recommend changes

Health Care Provider's Recommendations:

1. _____
2. _____
3. _____

SETTING MY GOALS

To set goals that are right for you, think about what you want to change and why, and what steps you can take to reach your goals. These changes don't have to be big. Even small steps can make a difference in your health! Also, think about who can help you and how you'll reward yourself for making progress.

Use this chart to set simple physical activity and healthy eating goals with your health care provider. You can also ask your family or friends to help.

Sample Goal	Lose 10 Pounds
My reason for this goal	To be at a healthy weight and fit into my favorite dress for my sister's wedding
Steps I'll take	<ol style="list-style-type: none"> 1. Eat three balanced meals each day. 2. Eat smaller portions at home and at restaurants. 3. Join the lunchtime walking group at work.
Who will help me	My family and friends
When I'll start	Today
When I'll meet my goal	By the wedding – in 3 months
How I'll reward myself for making progress toward my goal	Buy myself some flowers

My Goal	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> 1. 2. 3.
Who will help me	
When I'll start	
When I'll meet my goal	
How I'll reward myself for making progress toward my goal	

My Goal	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> 1. 2. 3.
Who will help me	
When I'll start	
When I'll meet my goal	
How I'll reward myself for making progress toward my goal	



WHAT I SHOULD KNOW

This section provides some information on physical activity and healthy eating choices to help you with your goals. Also, ask your health care provider for Bright Futures for Women's Health and Wellness Reaching My Goal Tip Sheets or visit www.hrsa.gov/WomensHealth.

PHYSICAL ACTIVITY

Being physically active means moving your body. Regular physical activity can:

- Make you feel more energetic
- Make you feel good

- Help to beat stress and depression
- Help you sleep better
- Help you lower your risk of many diseases
- Help you control your weight by balancing the calories you take in with the calories you burn

Recommendations:

- Get at least 30 minutes of moderate physical activity most days of the week for good health.
- Aim for 60 minutes of moderate-to-vigorous physical activity most days of the week to prevent weight gain. A longer amount (60-90 minutes) may be needed to keep up weight loss.

You can do this all at one time or break it up into shorter bouts of physical activity throughout the day.



Make Physical Activity a Part of Your Day

For ...	Try ...
Flexibility	Stretching, yoga, dancing
Strength	Lifting weights, sit-ups, push-ups, carrying groceries or a child
Healthy Heart (aerobic)	Brisk walking, running, biking, swimming, jumping rope, roller skating, using aerobic equipment (for example, treadmill, stationary bike)

Physical Activity Safety Tips

- Slow down if you're out of breath. You should be able to talk while exercising without gasping for breath.
- Drink water before, during, and after exercise.
- Limit hard exercise for 2 hours after a big meal. A short walk is okay.
- Wear supportive shoes and use sunscreen when outdoors.

STOP exercising and call 9-1-1 right away if you feel any of the signs below for more than a few minutes:

- Have discomfort or pain in the center of your chest
- Have discomfort in your arm(s), back, neck, jaw, or stomach
- Feel dizzy or sick
- Feel short of breath
- Break out in a cold sweat

HEALTHY EATING

Food Variety

Eating a variety of foods helps ensure that you get the nutrients your body needs every day. Following MyPyramid.gov can help you create a balanced healthy diet by giving you suggestions for the types and amounts you should have from all food groups each day. Be careful to limit oils (fats) and sweets for a more healthy diet and to prevent weight gain.



"I rarely cook meat because my teenage daughter won't eat it, so I was concerned about us not getting enough iron. How relieved I was to hear that we could get iron from other foods, such as fortified cereals, whole wheat bread, beans, like kidney and pinto beans, and spinach. So, now we're making all types of iron-rich meals and we're both enjoying something new at the dinner table."

**Shawna
Baltimore, Maryland**



Food Groups

- **The Grains Group** gives you carbohydrates for energy and vitamins such as folic acid, B vitamins, and minerals. Whole-grain foods such as whole wheat bread, brown rice, and oatmeal also have fiber that helps protect you against certain diseases and keeps your body regular. Fiber can help you feel full with fewer calories.
- **The Fruit and Vegetable Groups** give you vitamins such as vitamin A and C, folic acid, and potassium; minerals such as iron; fiber; and other nutrients that are important for good health. They can also help protect you against disease and keep your body regular.
- **The Milk Group** gives you minerals such as calcium and vitamins such as vitamin D to build strong, healthy bones and teeth. Foods in this group also have carbohydrates for energy and protein for important body functions. Whole-milk dairy foods contain unhealthy fats, so it's a good idea to choose low-fat or fat-free dairy foods.
- **The Meat and Beans Group** gives you protein, fat, vitamins, and minerals such as iron. Meats, especially high-fat processed meats such as bologna contain unhealthy fats, so it's a good idea to limit these or try lower fat varieties.
- **Oils (Fats)** give you some vitamins such as Vitamin E and extra calories, which can make it hard to keep your weight in a healthy range. It's especially important to limit saturated fat, which is found in whole dairy foods, many meats, butter, and lard, and raises the risk for heart disease—the number-one cause of death among women. Oils such as canola and olive oils are low in saturated fat and are healthier for you.

Making Healthy Food Group Choices

Daily amount*	Reaching the daily amount	Things to keep in mind
Grains 5-8 ounces	1 ounce = ½ cup of cooked rice, pasta, cous cous or cereal; 1 slice of bread; 1 small tortilla; 1 small muffin; 1 cup ready-to-eat cereal.	Choose whole grains at least half the time, such as whole grain bread, oatmeal, brown rice.
Vegetables 2-3 cups	1 cup = 1 cup cut-up raw or cooked vegetables; 1 cup vegetable juice; 2 cups leafy salad greens.	Vary the types of vegetables you eat. Eat more dark green and orange vegetables.
Fruits 1½-2 cups	1 cup = 1 cup cut-up raw or cooked fruit; 1 cup fruit juice.	Eat a variety of fruits. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.
Milk 3 cups	1 cup = 1 cup milk or yogurt, 1½ ounces low-fat or fat-free natural cheese; 2 ounces processed cheese.	Choose low-fat or fat-free milk products. If you can't tolerate milk, try lactose-free milk products.
Meat and Beans 5-6½ ounces	1 ounce = 1 ounce lean meat, poultry, or fish; 1 egg, ¼ cup cooked dry beans or tofu; 1 tablespoon (Tbsp) peanut butter; ½ ounce nuts or seeds.	Choose low-fat or lean meats. Bake, broil, or grill your meat, instead of frying. Eat more fish, beans, peas, nuts, and seeds.
Oils (fats) 5-7 teaspoons	1 teaspoon (tsp) = 1 tsp vegetable oil or soft margarine; 1 Tbsp low-fat margarine, 2 Tbsp light salad dressing.	Limit solid fats like butter, stick margarine, shortening, and lard.



* Recommendations are based on a 1600 – 2400 calorie diet. Women who are very active should aim for the higher amounts and women who are less active should aim for the lower amounts. For more information and a personalized plan, visit www.mypyramid.gov. Brought to us by the U.S. Department of Agriculture.



UNDERSTANDING THE FOOD LABEL

The Nutrition Facts panel on the food label can help you make smart food choices by giving you information on serving sizes, calories, and nutrients, such as saturated and trans fats, cholesterol, sodium, fiber, vitamins, and minerals. Just look on the back of most food packages to find the label.

- Read the label to see if a food is a good source of a nutrient or to compare similar foods—for example, to find which brand of macaroni and cheese is lower in fat.
- The food label gives you information on the calorie content of the portions you eat. Check the serving size and the number of servings per container. Compare this to how much you actually eat.
- The % Daily Values (DVs) that are listed on the right-hand side tell what percentage of a certain nutrient you'll get from one serving of that food. If you want to limit a nutrient, such as sodium, then choose foods with a lower % DV. If you want to eat more of a nutrient such as calcium, then choose foods with a higher % DV.

For more information on the Nutrition Facts panel of the food label, see <http://www.cfsan.fda.gov/~dms/foodlab.html>.

Sample label for Macaroni & Cheese

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250 Calories from Fat 110			
			% Daily Value*
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrients

Iron, folic acid, calcium, and vitamin D are a few of the many nutrients that are important for you.

Nutrient	Why is it important?	How do I get it?
Iron	Helps prevent iron-deficiency anemia, which can make you feel tired.	Eat lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; and enriched and whole grain breads.
Folic acid	Needed for healthy blood and body proteins. Folic acid also helps to prevent some birth defects before and during pregnancy.	Drink orange juice; eat oranges, dark green leafy vegetables, green peas, or fortified cereals. (Check the food label for folic acid-fortified breakfast cereals.)
Calcium	Needed for strong, healthy bones and teeth, and for the heart, muscles, and nerves to work well.	Drink low-fat or fat-free milk and calcium-fortified juice or soy-based beverages; eat low-fat and fat-free milk products like yogurt or cheese and calcium-fortified cereals and breads. Eat collards, turnip greens, kale, and Chinese cabbage (which contain small amounts of calcium).
Vitamin D	Helps the body absorb calcium to build strong bones.	Choose low-fat or fat-free dairy products fortified with vitamin D. Spend 10–15 minutes, 3 days a week, in the sun so your body can make vitamin D.



"I used to do a clothing exchange with my girlfriends with clothes that no longer fit. The last straw came when I had to give up my favorite brown suit. I knew it was time to start an exercise plan. So, I borrowed a fun exercise tape, cleared out my living room, and started exercising with friends a few times a week. Soon we started doing other fun things like line, salsa, and belly dancing—activities that we could do for the long haul, not just for quick fixes."

Janette
Los Angeles, California



HINTS FOR REACHING MY GOALS

- Choose to move. Add more physical activity into your daily life.
- Set realistic and safe goals. Build up your strength, endurance, and fitness.
- Involve your friends and family in your physical activity choices.
- Choose a variety of foods from all food groups to eat balanced meals.
- Try to limit fats, oils, and sweets, as they can be high in calories.
- Share and enjoy mealtimes with friends and family.
- Be sure to start your day with breakfast, and eat regular meals and snacks that fit into your daily schedule. Think about **what**, **when**, and **how much** you eat.
- Your body needs several key vitamins and minerals. Remember to eat:
 - ✦ Low-fat and fat-free foods from the milk group for **calcium**.
 - ✦ Lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; and enriched and whole grain breads for **iron**.
 - ✦ Fortified breakfast cereals; dark green, leafy vegetables; and citrus fruits for **folic acid**.
- Eat healthy and be physically active to improve your health and energy level today and later in life.

For more information on reaching your goals, ask your health care provider for copies of Bright Futures for Women's Health and Wellness Reaching My Goal Tip Sheets or visit www.hrsa.gov/WomensHealth.



“My friend's daughter passed away from diabetes complications. At the time, I weighed 365 pounds and knew that obesity can set off diabetes. Since this disease runs in my family, I knew I had to take control of my weight. I read a lot about how to eat healthy and I made changes. Instead of breading and frying chicken like I used to, I grill or bake it now. I've not only lost 165 pounds, I've learned how to be healthy for many years to come.”

*Mary
Omaha, Nebraska*

Getting More Information

Visit these Web sites for more tips and information about nutrition, physical activity, and women's health.

Bright Futures for Women's Health and Wellness Initiative
www.hrsa.gov/WomensHealth

Dietary Guidelines for Americans
www.cnpp.usda.gov/dietary_guidelines.html

How To Understand and Use the Nutrition Facts Label
www.cfsan.fda.gov/~dms/foodlab.html

Eat 5 to 9 a Day for Better Health Campaign
www.5aday.gov

Weight Loss and Control Health Information
www.niddk.nih.gov/health/nutrit/nutrit.htm

National Women's Health Information Center
www.womenshealth.gov

Steps to a HealthierUS
www.healthierus.gov/steps/index.html

My Pyramid
www.mypyramid.gov