

CREATING HEALTHIER ENVIRONMENTS



Adapting your environment to reinforce an active, healthy lifestyle is easier when you use these ideas.

PROMOTING MOVEMENT

AT HOME

- Make many trips up and down the stairs to do chores
- Walk around your house while talking on the phone
- If you have one, take your dog for a walk.

AT WORK

- Avoid elevators and escalators—take the stairs instead
- Walk to co-workers' desks instead of sending emails
- Escape stress by excusing yourself for a few minutes of walking
- Store a pair of comfortable shoes at the office or in your car and treat yourself to a walk during a break or between errands
- Makeover work or school stairs to make it nice, decorate walls with motivating messages, add air fresheners, or install brighter light bulbs

AT PLAY

- Window shop while you walk through a shopping mall
- Walk with your kids to the local park
- Plan a picnic and go for a walk after your meal

How many steps = an active lifestyle?

Although there is no magic number, as your daily number of steps increases, so do the health benefits.

No matter how active you are now, small changes will get you where you want to be! Whether your goal is improved health or healthy weight management, small changes and consistent daily effort are keys to your success. Try to set goals to gradually boost your daily physical activity to a level that is consistent and comfortable for you. Use the chart on the right to help motivate you to set a new goal today!



STEPS PER DAY	ACTIVITY LEVEL
Less than 5,000	Inactive
5,000 - 7,499	Slightly Active
7,500 - 9,999	Moderately Active
10,000 - 12,499	Active
12,500+	Very Active

Many people find they can reach the moderately active or active range within a few weeks of beginning to exercise. However, if you are like most Americans, you may find that your starting average is between 4,000-6,000 steps per day, so boost your activity level at a pace that's right for you.

Whether you increase at a faster or slower rate is less important than simply moving more today than you did yesterday!

PROMOTING HEALTHY EATING

- Keep vegetables as quick side dishes or for pastas, soups, casseroles, and pizza
- Eat dinner together at a table, talking with family members or friends. Eating slower can help you avoid overeating before you feel full
- Listen to relaxing music while eating instead of sitting in front of the TV

OPTIONS FOR HEALTHIER MEALS

BREAKFAST

- Drink nonfat or 1% milk instead of whole milk for fewer calories without sacrificing nutrients
- Enjoy a bowl of bananas, berries, low-fat milk, and sugar substitute

LUNCH & DINNER

- Pick water-packed tuna instead of tuna packed in oil
- Substitute low-fat or fat-free sour cream or plain Greek yogurt in recipes

DESSERTS

- Enjoy fresh fruit in season for dessert
- Dish up low-calorie frozen yogurt or sherbet, instead of ice cream

SNACKS

- Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
- Freeze grapes or watermelon wedges for a popsicle-like treat

DINING OUT

- Substitute steamed vegetables for the potato, rice, or pasta side dish
- Pick a restaurant that has grilled, baked or broiled entrees, and veggies for a side

BEVERAGES

- Drink more water
- Substitute diet soda for regular soda

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MAKING GOOD HEALTH SIMPLE.