

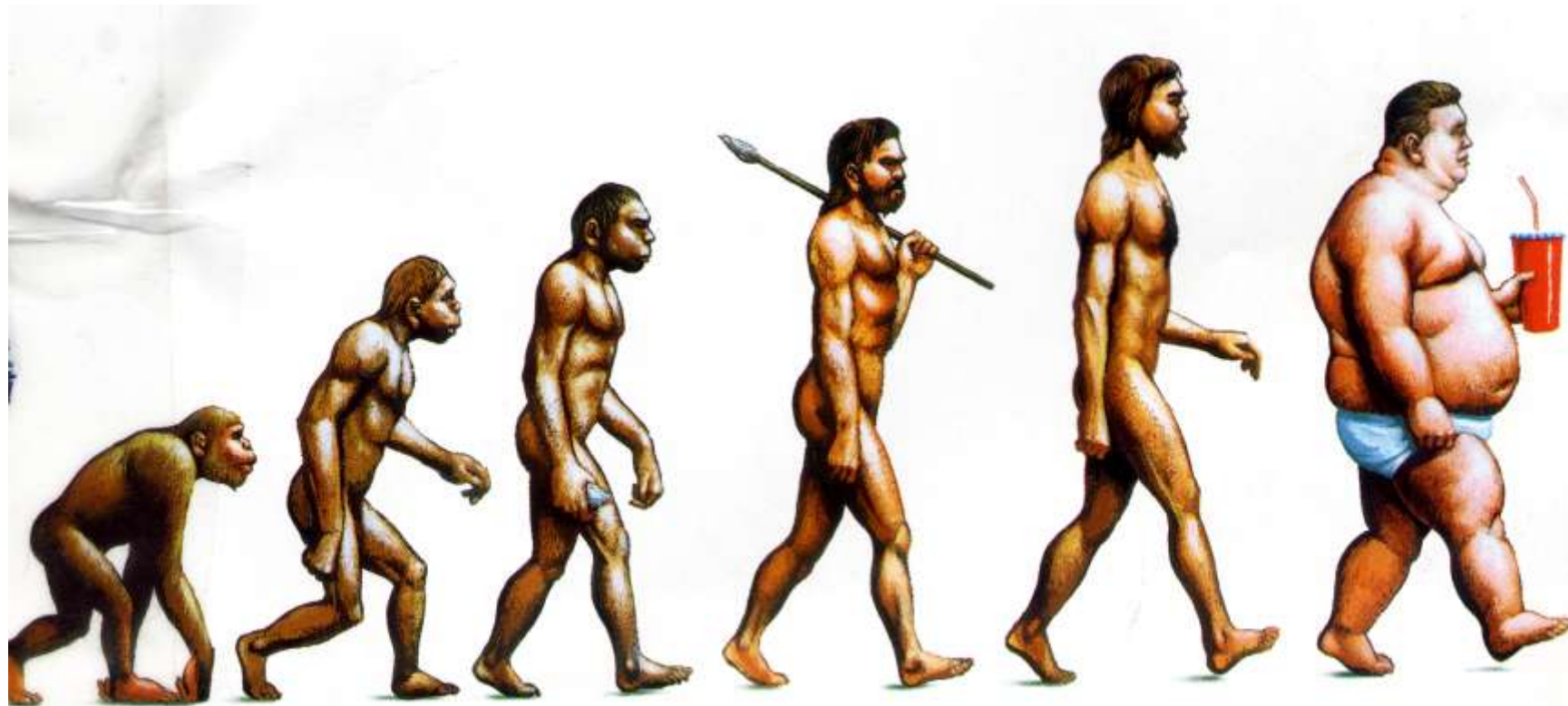


Nutrition and a Busy Lifestyle

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What is up with the Obesity Epidemic?





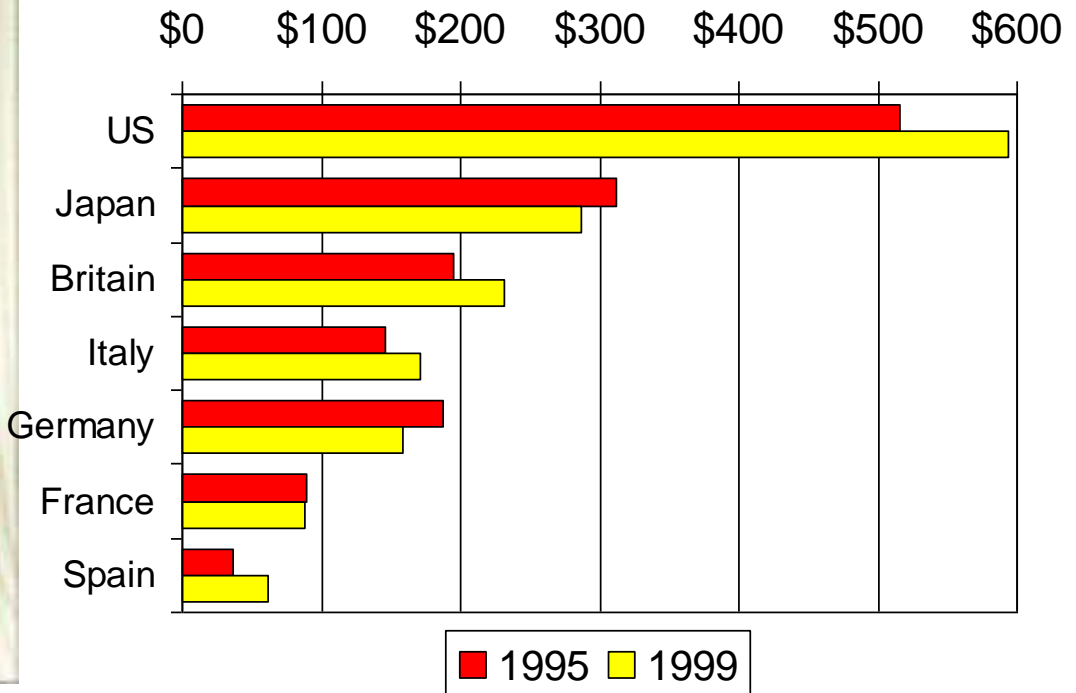
Multiple factors have an influence on energy balance

- Environment
 - Schools
 - Restaurants
- Genetics
- Lifestyle
 - Lack of physical activity
 - Eat too much





Environment





Trend in Food Serving Sizes: 1977 and 2000





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Cornell Cooperative Extension • Allegany & Cattaraugus Counties • 28 Parkside Drive • Ellicottville, NY 14731
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Our Evolution...

America, as a whole, has successfully achieved a high level of productivity, producing abundant food, effective medical treatment, and labor saving technology...



Our Problem

...Yet, this success has produced unintended consequences that make it difficult for many individuals to maintain a healthy lifestyle



LIFESTYLES

- Lack of Physical activity opportunities
- Lack of Time
- Lack of Reasonable Priced Nutritious Food
- Lack of Knowledge





What should I eat to be healthy?

Eat More Plants

- vegetables
- beans
- brown rice
- fruit
- whole wheat
- oatmeal
- barley
- corn



Eat Fewer Animal Products

- beef
- pork
- bacon
- eggs
- lard
- butter, cheese, whole milk (switch to fat free versions of these instead)



- **Eat Less Salt (sodium)**
- **Keep the number for sodium equal to or less than the calories**
- **Limit your intake of Sugar, fats and oils.**
- **Eat Smaller Meals More Often**
- **Eat Breakfast**
- **Take Healthy Snacks with you**





KEY TO SUCCESS!

- **BE AWARE!!!**





Busy Lifestyles= Eating on the Run

- Choose Small Portions
- Split the Entree with a friend or your spouse
- Choose Soup in broth, not cream
- Choose low fat or fat free dressing and ask for it on the side





Did you know?

Fast Food Cheeseburger	300 calories	58 minutes walking	27 Minutes swimming	15 minutes running
Fast Food Small Fries	210 calories	40 minutes walking	19 minutes swimming	11 minutes running
Fast Food Shake 1 CUP	340 calories	65 minutes walking	32 minutes swimming	18 minutes running
Soft drink 8 oz.	106 Calories	20 minutes walking	9 minutes swimming	5 minutes running
Quarter Pounder	420 calories	81 minutes walking	37 minutes swimming	21 minutes running

Happy Meal w/ 8 oz shake= 850 calories/ 163 minutes walking

Quarter Pounder Meal w/ med fries and 16 oz drink= 947 calories/ 181 minutes walking



ENERGY BALANCE

Food to Exercise

- In the United States, more than 60% of American Adults and 33% of kids in grades 9-12, do not get enough exercise to provide health benefits. Everyone, young and old, can improve their health and well-being by becoming active on a regular basis!



What does Regular Activity do for me?

Regular Exercise can improve health and reduce the risk of premature death in the following ways:

- Reduce the risk of coronary heart disease and stroke.
- Lowers both cholesterol and triglycerides.
- Lowers the risk of developing high blood pressure and helps reduce blood pressure in those who have it already.
- Helps to build and maintain healthy bones, muscles and joints.
- Lowers the risk of developing diabetes.
- Reduces the risks of colon cancer.
- Helps people achieve and maintain a healthy body weight.
- Reduces the feeling of depression, anxiety, and stress.



How do I keep my body MOVING?

Physical activity can be a part of everyone's life, no matter what your physical limitations.
Here is how to get started!

- Choose an activity that you enjoy and that you will stick with.
- Be sure that the activity is sustained (15-20 minutes per session) and at least 3-5 times a week. **Don't have time, try to get your exercise in 5-10 minute increments, 2-3 times a day.**
- **SEE YOUR DOCTOR BEFORE BEGINNING A PROGRAM!**
- Start slowly and increase the amount or the duration of the activity gradually
- Keep a record of your activity so you can see your progress!





Increase your exercise by WALKING

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Better yet, walk to the store
- Get up to change the channel (lose the remote or turn off the t.v.)
- Walking meeting
- Walk over to visit a neighbor
- Get outside to walk around the garden or do a little weeding



Try to reach 10,000 Steps a DAY

- A good goal is to increase your average daily steps each week by 500 until you are normally getting in 10,000 per day. (Example: If you currently average 3000 daily steps your week one goal is 3500 each day. Week 2 goal is 4000 each day. Continue to increase each week until you are getting 10,000 a day.)



How Do I Start?

- Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks for week 2 (total walking time 25 minutes). Keep adding 5 minutes until you are walking your 10,000 steps a day.



Lifestyle Changes

- Watch what you put in you mouth- write it down so you are more aware
- Add exercise- even in small increments
- Make small changes- make them stick
- Make your environment healthy- if it is not in the house- you won't eat it!
- EAT Breakfast!
- Make time for YOU!
- Reward yourself for success- but not with FOOD!



Cornell Cooperative Extension Offers:

Research Based Information at little or no cost to the community.

You can access this information through:

- Our Website at: www.southerntierwellnesspartnership.org
- Power Point Presentation
- Our Newsletter: “Cornell Cooperative Extension News”
<http://ccealleganycattaraugus.org/>
- FACT Sheets, Literature and Recipes. Just call or e-mail your topic request and your mailing address.
- Group Presentations
- Questions answered by our trained staff through e-mail and phone calls.