Healthy Lifestyle Tips
Because a healthier lifestyle can lead to disease prevention!

Nutrition
Incorporate a **balanced** eating pattern that meets your recommended intake for your energy needs. A well-balanced meal integrates a variety of **nutrient-dense** foods from all food groups while trying to **limit** saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Visit [choosemyplate.gov](http://choosemyplate.gov) to get a personalized plan. It is located on the right side of the website. It is a very simple process. Just put in your age, sex, weight, height, and physical activity and then click submit. You can personalize the plan for your current weight or gradually move toward a healthier weight.

Your own personalized plan will help you figure out how many calories to eat daily and the

Like more information?
Visit with a Registered Dietitian for nutrition advice and/or a Certified Personal Trainer for exercise advice.

Physical Activity
American College of Sports Medicine incorporates several health-related components to physical fitness such as cardiovascular (aerobic) fitness, muscular strength and endurance (resistance exercise), and flexibility.

ACSM recommends for most healthy adults about 150 min/week or 30 min/day of moderate exercise. To promote or maintain weight loss, a total of 300 minutes of moderate exercise is recommended.

<table>
<thead>
<tr>
<th>ACSM’S Guidelines for Exercise</th>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cardio</strong></td>
<td>3–5 Days</td>
<td>A combination of <strong>moderate</strong> (i.e., brisk walking) and <strong>vigorous</strong> (i.e., jogging or running) exercise</td>
<td>20–60 continuous minutes or 10-minute bouts accumulated throughout the day</td>
<td>Walk, run, row, stairs, cycle, aerobics</td>
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<tr>
<td><strong>Resistance</strong></td>
<td>2–3 Days  (nonconsecutive)</td>
<td>2-4 sets of 8 – 12 reps &gt;50yrs: 1 or more sets of 10 – 15 reps</td>
<td>8–10 exercises that include the major muscle groups: chest, shoulders, abs, back, hips, legs, and arms</td>
<td>Body weight, free weights, machines, elastic bands, etc.</td>
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<tr>
<td><strong>Flexibility</strong></td>
<td>At least 2–3 d/wk</td>
<td>Mild discomfort</td>
<td>Hold for 15–30 sec. ≥4 reps/stretch</td>
<td>Static, dynamic, PNF</td>
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</tbody>
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