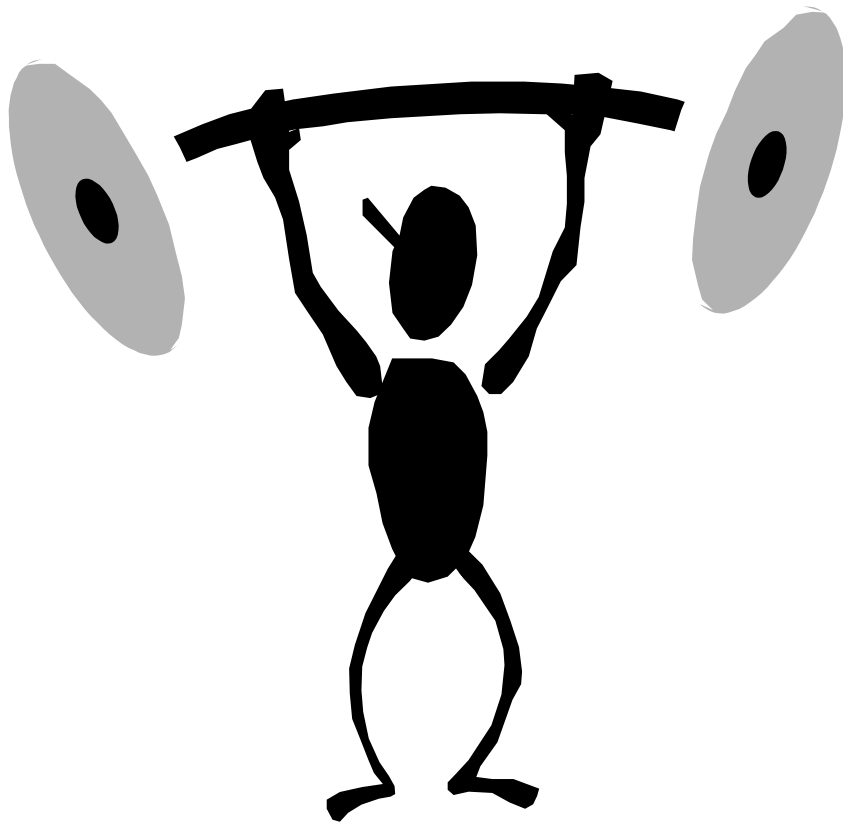


# **Energize Yourself and Your Family**



## Did You Know?

Being healthy and active are important for you and for the people who depend on you. If you are overweight and inactive, you are more likely to get:

- ◆ Type 2 diabetes (high blood sugar)
- ◆ Heart disease
- ◆ High blood pressure
- ◆ Stroke
- ◆ Breast or colon Cancer

You can improve your health if you **Move More and Eat Better!**



## **Why Move More and Eat Better?**

Being active and making smart food choices is good for your health. But that's not the only reason to move more and eat better. You can:

- ❖ Have more energy
- ❖ Fit into hip clothes
- ❖ Tone your body
- ❖ Reduce stress
- ❖ Feel better about yourself
- ❖ Set a good example for your children and your friends



## Tips on Eating Better

It's hard to eat right if you don't have time to cook or your kids want fast food. Try these tips to eat better, save time, and stretch your food budget:



- ◆ Start the day with breakfast.
- ◆ Buy foods that are easy to prepare, like pasta, tuna, or rice and beans.
- ◆ Plan ahead and cook enough to last.
- ◆ Cook the night before (and refrigerate right away).
- ◆ Teach kids that healthy foods taste good.
- ◆ Try kidney or butter beans. Beans are loaded with protein and cost less than meat.
- ◆ Buy frozen or canned vegetable (no salt added) and canned fruit packed in juice. They are just as good for you as fresh produce but won't go bad
- ◆ Choose whole-grain foods more often

## **Tips on Moving More**

Physical activity doesn't have to be a chore. You can "sneak" it into your day, a few minutes at a time. To get a total of at least 30 minutes of activity most days, try making these small changes in your daily routine:

- ◆ Get off the bus or subway one stop early and walk the rest of the way.
- ◆ Take the stairs instead of the elevator.
- ◆ Take 2 or 3 short walking breaks at work each day.
- ◆ Walk around the house while you talk on a cordless phone.
- ◆ Walk and talk with a friend at lunch.

*Tip: If you are over 50 or have a chronic health problem, talk to your doctor before starting a vigorous activity program.*

## **What Are the Health Benefits of Physical Activity?**

In addition to helping to control your weight, research shows that regular physical activity can reduce your risk for several diseases and conditions and improve your overall quality of life. Regular physical activity can help protect you from the follow health problems.

- ◆ Heart Disease
- ◆ Obesity
- ◆ Back pain
- ◆ Osteoporosis

Keep these health benefits in mind when deciding whether or not to exercise. And remember any amount of physical activity you do is better than none at all.

## **Tips to a Safe and Successful Physical Activity Program**

Make sure you are in good health. Answer the following question\* before you begin exercising.

1. Has a doctor ever said you have heart problems?
2. Do you frequently suffer from chest pains?
3. Do you often feel faint or have dizzy spells?
4. Has a doctor ever said you have high blood pressure?
5. Has a doctor ever told you that you have a bone or joint problem, such as arthritis, that has been or could be aggravated by exercise?
6. Are you over the age of 65 and not accustomed to exercise?
7. Are you taking prescription medications, such as those for high blood pressure?
8. Is there a good medical reason, not mentioned here, why you should not exercise?

\*

## **THE POWER TO STAY HEALTHY IS EASIER THAN YOU THINK**

Source: British Columbia Department of Health

If you answered “yes” to any of these question, you should see your doctor before you begin an exercise program.

# NOTES

**For more information on how to exercise and eat right check out these helpful web sites:**

[www.niddk.nih.gov](http://www.niddk.nih.gov)

[www.diabetes.org](http://www.diabetes.org)

[www.focusondiabetes.com](http://www.focusondiabetes.com)

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