



Ready for a change?

Joya L'Ecuyer, BS
Exercise Science
Colorado Mesa University

Many of us slip into lifestyles that really aren't in our best interest. You may be coming to Physical Therapy partly because of these lifestyles. We want to help you be successful! Below are some suggestions to help you embrace the 5 most important behaviors of a healthy life.

Regular Exercise

Exercise can improve your chances of living longer and living healthier. Regular physical activity reduces your risk of developing heart disease and strokes and can protect you from developing certain cancers. Exercise will also prevent the loss of bone that leads to osteoporosis and has also shown to improve cognitive function.

Goals:

- Adults should participate in at least 20 minutes of moderate intensity exercise, 5 days per week or 20 minutes of vigorous intensity exercise, 3 days per week.
- Resistance training should be performed 2 days per week targeting major muscle groups.

Tips for Success:

- Make exercise FUN!! Plan an exercise program based on activities you enjoy doing!
- Get an exercise buddy. Having a social aspect to exercising can boost your commitment to the exercise habit.
- Vary your routine. Many individuals stop exercising because they get bored with their routine. Be willing to try new things such as group fitness classes!

Fat Intake

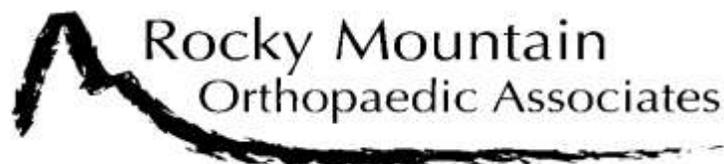
Fats and oils are part of a healthy diet, but the type of fat consumed is important to heart health, and the total amount of fat consumed is also important. A high intake of saturated fats, trans fat, and cholesterol may increase the risk of developing coronary heart disease.

Goals:

- Consume less than 10 percent of calories from saturated fatty acids (fatty meats, whole milk, butter) and less than 300 mg/day of cholesterol (whole dairy products, oils and fatty meats), and keep *trans* fatty acid (fast foods, packaged foods, etc.) consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

Tips for Success:

- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.



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Fruits and Vegetables

Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.

Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

Goals:

- In general, everyone should consume 3-5 servings of fruits and vegetables each day.
- 1 serving of vegetables equates to about 1 cup of raw leafy vegetables, ½ of other vegetables cooked or raw, and ¾ cup of vegetable juice.
- 1 serving of fruits equates to 1 medium apple, banana, orange, or pear. ½ cup of chopped, cooked, or canned fruits. ¾ cup of fruit juice.

Tips for Success:

- **Keep fruit out where you can see it.** That way you'll be more likely to eat it. Keep it out on the counter or in the front of the fridge.
- **Get some Every meal, Every day.** Try filling half your plate with vegetables or fruit at each meal. Serving up salads or stir fry, makes it easier to reach this goal.
- **Explore the produce aisle and choose something new.** Variety is the key to a healthy diet. Get out of a rut and try some new fruits and vegetables—include dark green leafy vegetables; yellow, orange, and red fruits and vegetables; cooked tomatoes; and citrus fruits.

Moderate Drinking

While alcohol intake may increase your risk of health problems, moderate alcohol intake can actually offer some health benefits. The key is moderation. Moderate alcohol intake may: reduce the risk of heart disease, reduce the risk of strokes, lower your risk of gallstones, and possibly reduce the risk of diabetes.

Goals:

The 2010 Dietary Guidelines for American's recommend that if you chose to drink alcohol you do so in moderation—up to one drink a day for women or two drinks a day for men.

Understanding Risk:

Although moderate alcohol use may offer some health benefits, heavy drinking—including binge drinking—has no health benefits. Excessive drinking can cause potentially serious health problems.

Getting Help:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.aa.org

Adult Adolescent Alcohol Treatment- Provides outpatient services for individuals seeking help for alcoholism. (970) 245-6624

Non-Smoking

Cigarette smoking and chewing tobacco harms circulation by narrowing blood vessels and limiting new blood vessel formation, which are both important for tissue health and healing.

Cigarette smoking leads to increased fracture rates of the hip, spine, and forearm.

Cigarette smoking is associated with an increased risk of back pain and degenerative disc disease.

Resources to Help You Quit:

Colorado QuitLine- Free online telephone service for Colorado residents to help you quit using tobacco, with support through all phases of quitting.

1. <http://www.coquitline.org>
2. 1-800-QUIT-NOW

Smokefree.gov- Government website with many resources to help you stop using tobacco.

1. <http://www.smokefree.gov>

Nicotine Anonymous- 1938 North 1st Street Unit #8 Grand Junction, Colorado 81501.

Mesa County Tobacco Education Council- 510 29 ½ Rd. Grand Junction, Colorado 81504.