

• 5 PRACTICAL TIPS TO •

# HEALTHY LIVING



## EDUCATE

Meal plan and know healthy cooking terms like grilled, broiled, steamed, sauteed, poached. Avoid fried or breaded food items.

<https://www.dietaryguidelines.gov>



## ELIMINATE<sup>1</sup>

Remove prepackaged snacks and sugary drinks and sodas from diet. Carry a water bottle or add some fresh fruit to make water more interesting.

<https://www.cdc.gov/healthyweight>



## ESTIMATE

Know how many calories your body needs and keep portion sizes to a reasonable amount. 3 oz. is a size of your palm and a fist is 1 cup.

<https://www.myplate.gov/>



## EXERCISE<sup>2,3</sup>

Housework, yoga, walking, running, gardening, soccer, just keep moving! Get outside in the sun for vitamin D for your bones and mental health.

<https://health.gov>



## EAT

Eat breakfast everyday and try to cook more meals at home. Add more fruits, vegetables nuts, seeds, legumes and whole grains into your diet.

<https://www.heart.org>



## EXTRA TIPS<sup>4</sup>

Be positive and have a great attitude! Encourage friends and family to be healthy too. Shop on the outside aisles in the grocery store. Eliminate sugary snacks and processed food as much as possible.

Educate-Eliminate-Estimate-Exercise-Eat

## Bibliography:

1. Recommended dietary allowances and adequate intakes, total water and macronutrients. <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/?report=objectonly>.

The summary table shows Dietary Reference Intakes for such things as vitamins, elements, macronutrients, and water. Each table shows quantities of intake by Life-Stage Group, Total Water (L/d), Carbohydrate (g/d), Total Fiber (g/d), Linoleic Acid (g/d), Linolenic Acid (g/d) and Protein (g/d). Life-stage group was broken down by age starting at infancy with categories for male, female, pregnancy, and lactation. Water totals include all water contained in food, beverages, and drinking water.

2. Bülbül S. Exercise in the treatment of childhood obesity. *Turk Pediatri Arsivi*. 2020;55(1):2-10. <https://www.ncbi.nlm.nih.gov/pubmed/32231444>. doi: 10.14744/TurkPediatriArs.2019.60430.

This paper focuses on exercise therapy, for healthy and obese children. Diet alone leads fat reduction, however adding exercise helps weight loss by helping to maintain muscle mass. Exercise provides reduction in mortality and helps regulate body composition during growth. Starting exercise therapy treatments early in growth and development of children increase "behavioral effectiveness and compliance." By reducing calories, increasing exercise and behavior modification obesity incidence can be improved. Children need to be active (sports, dancing, movement, yoga, strength training, etc.) at least 3 times week for 4-10 hrs/week. The benefit of exercise persists for 24–72 hours. The article explains the benefits of exercise, with diet to prevent obesity or promote weight loss.

3. Vitamin D. National Institute of Health Web site. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>. Updated 2021. Accessed April 2021.

Vitamin D is found limited in foods; therefore, supplementation may be necessary. It is also produced through ultraviolet (UV) rays from sunlight on the skin which triggers vitamin D synthesis. Food, sunlight, and supplementation are the three recommended ways to increase vitamin D in the body. Vitamin D promotes calcium absorption and helps bones from becoming thin and brittle. It also helps reduce inflammation in the body.

4. Melnyk BM, Small L, Morrison-Beedy D, et al. Mental health correlates of healthy lifestyle attitudes, beliefs, choices, and behaviors in overweight adolescents. *Journal of pediatric health care*. 2006;20(6):401-406. <http://dx.doi.org/10.1016/j.pedhc.2006.03.004>. doi: 10.1016/j.pedhc.2006.03.004.

A study of 23 overweight teens anxiety and depression symptoms had less healthy lifestyle beliefs, and teens with high self-esteem and positive attitudes about incorporating a healthy lifestyle. The teens with positive attitudes were able to engage in healthy lifestyles and lifestyle choices. Teens who believed healthy lifestyles were more difficult to attain had less healthy attitudes and made less healthier choices. Having a positive attitude about health and believing that a healthy lifestyle change will help with weight loss will help teens achieve weight loss goals and prevent diseases such as Type 2 Diabetes and obesity.