

Healthy Living Road To Success

By Angela Moulton

Begin slow then start picking up speed

Assess current
diet and
activity level.

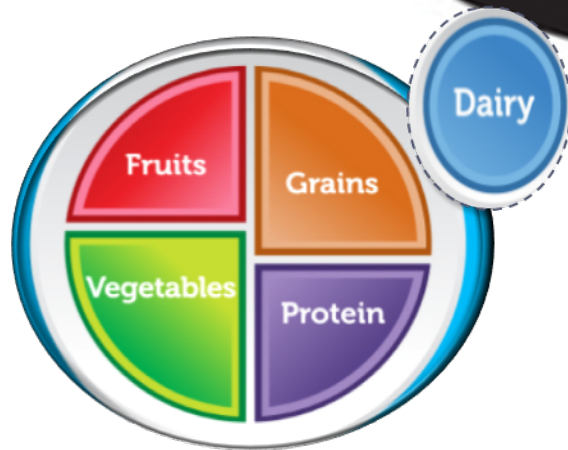
Plan new
fitness
routines and
healthy diet.

Start!



MyPlate!

United States Department of Agriculture
Nutritional Meal Guide



This is a great meal plan to mimic for
nutritionally balanced meals.
Each section can be customized at
home with your favorites. The options
are unlimited! So go grab your plate
and get start!

EXIT





MyPlate Example Meal



Protein-salmon

Grains- pasta noodles

Vegetables- broccoli

Fruit- grapefruit

Dairy-milk

Healthy Living Road Map

Benefits of each MyPlate Recommended portion

- ✓ Grains: Whole grains contains lots of vitamins and minerals like magnesium.
- ✓ Protein: Satisfies hungers longer due to a lengthier digestive process.
- ✓ Vegetables: Certain cancer risks can reduced due to improves health by a balanced diet including vegetables.
- ✓ Fruits: Not only are they delicious, but also most fruits don't have loads of calories, fats, and sodium unlike many other sweet snacks.
- ✓ Dairy: Can better bone health which can be an early start at preventing the very common disease of Osteoporosis.



Physical Activity !

There are many individual forms of exercise. You can try some, and chose one or a mix of a few. They're are moderate and vigorous intensity exercises. The way those two forms are differentiate is by the amount of METs burned. METs is metabolic equivalent, and it takes just one METs when sitting. On average a person in one hour will burns 1 calorie for every 2.2 pound they weigh by sitting. METs number will go up when exercise is introduced.

A winding road with a dashed white line down the center. A red car is at the top left, and an EXIT sign with an arrow is at the bottom right.

EXIT



Moderate-Intensity Activities

3-6 METs

-Exercises including
brisk walking, biking,
and swimming.



Vigorous-Intensity Activities

6 or more METs

-Exercises including
jogging, high energy
sports games, jump
rope, and hiking.

Physical Activity Time Guidance



Physical activity

6-17 years old: 60 minutes moderate or vigorous activity daily

18 and older: 150 minutes of moderate or 75 minutes of vigorous intensity activities throughout the week

*These time frames are suggestions, and may not fit for everyone. Consult a professional for personalized time amounts.



More Information! Visit

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

And

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

