

## EATING RIGHT

Eating a balanced and nutritious diet not only helps to manage weight, but also serves as one of the most important things you can do for your overall health. The body needs a variety of foods containing vitamins and minerals, fiber, and other essential components. Select foods rich in nutrients, yet low in calories, such as fruits, vegetables, whole grains, and non-fat or low-fat dairy products frequently. Eat appropriate portion sizes and avoid foods high in fat, sugar, sodium and cholesterol.

## \*Exercise in Relation to Weight Control

The Department of Health and Human Services recommends at least 2 hours and 30 minutes a week of moderate aerobic activity—such as brisk walking or swimming—or 1 hour and 15 minutes a week of vigorous activity—such as running—preferably spread throughout the week. In general, striving for 30 minutes a day of physical activity is a good strategy. Additional physical activity may be necessary to lose weight, maintain weight loss, or achieve particular fitness goals.

# DIET + EXERCISE = A WINNING COMBINATION

Eating a healthful diet and participating in an adequate amount of physical activity on a regular basis are the keys to both losing weight and maintaining a healthy weight. Understanding the connection between calories consumed through food and drink and calories expended through physical activity is a vital first step toward weight loss and weight loss maintenance.

Consult your physician before beginning an exercise program, particularly if you are overweight or have been inactive for an extended period.

## Making Sense of Calories

Calories provide the body with energy to perform daily functions. One pound of fat is equal to 3,500 calories. This means that to lose one pound, an individual must burn 3,500 calories more than he or she consumes. To gain one pound, an individual must consume 3,500 calories more than he or she burns. In other words, to lose weight, people must consume fewer calories than they use; weight gain occurs when people consume more calories than they use. To maintain a healthy weight, people must balance the calories they consume with the calories they use.



## Make a MOVE

More than 60 percent of American adults do not get the recommended amount of physical activity, which leaves them more vulnerable to a number of serious health problems, including cardiovascular disease, obesity, diabetes, metabolic syndrome, high blood pressure, and certain types of cancer. Just 30 minutes a day of moderate-intensity physical activity—such as brisk walking—can reduce your risk for these and other conditions. What are you waiting for? It's your move!

For information on beginning an exercise program, call Pam Coleman, Employer Relations Manager, at (803) 395-2527.

## Enero MUÉVETE

Más de 60 por ciento de los adultos norteamericanos no hacen la cantidad de actividad física recomendada, por eso están más vulnerables por varios problemas de salud graves, incluyendo enfermedades cardiovasculares, obesidad, diabetes, síndrome metabólico, presión alta, y ciertos tipos de cáncer. Solamente 30 minutos cada día de actividad física de intensidad moderada—como caminar con brío— puede reducir su riesgo de tener estas y otras condiciones. ¿Por qué espera usted? ¡Muévete!

Para información sobre comenzar un programa de ejercicio, llame a Pam Coleman, Employer Relations Manager, al (803) 395-2527.



the Regional Medical Center

