

# Step Up Resource Sheet

## STEP UP TO BECOMING MORE PHYSICALLY ACTIVE

Increased physical activity can provide great health benefits. The American Heart Association and the U. S. Surgeon General recommend 10,000 **daily steps** or 30 to 60 minutes of **moderate activity** on a daily basis. There are many ways to meet this target. **Have you thought about *these* ideas for exercise?**

### RX:

- Leaving the car at home and walk to work/school/corner store or post office
- Cycle to work/school
- Hand wash your car
- Join a family swim night at the local school
- Help clean a local park or community grounds
- Walk or cycle for errands
- Cut grass (push mower)
- Plant a tree/ garden/rake leaves
- Hike with a parent/spouse/friend
- Canoe/kayak
- X- country ski/ice skate/snowshoe
- Use the stairs instead of the elevator
- Walk the dog
- Other \_\_\_\_\_

## “STEP UP” IN YOUR COMMUNITY

Physical activity can be done anytime, anywhere! Explore your community.

### Community Facilities:

- Arenas
- Trails/Bike Paths
- Tennis Courts
- Pools
- Recreational/Parks
- Special events such as Walk/Runs for Charity
- Sports (softball, soccer, hockey, football)
- Malls
- School/Adult Education
- Work
- Community Centers

### Need help getting started? Contact:

- Your Primary Care Physician
- A certified fitness professional or workplace fitness coordinator
- Your local health department

(See reverse side for nutrition related advice)



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**step up**

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## STEP UP TO HEALTHY EATING

Eating well promotes good health and reduces risk of chronic disease

### Recommendations\*

- Consume a variety of nutrient-dense foods and beverages
- Choose foods that limit the intake of saturated fat, *trans* fats, cholesterol, added sugars and salt
- Meet recommended intakes of energy based on your age, gender and activity level
- Consume 2 cups of fruit and 2 cups of vegetables per day for someone following a 2,000-calorie intake diet (adjust based on your calorie level)
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week
- Consume 3 or more whole-grain products per day
- Consume 3 cups per day of fat-free or low-fat milk or equivalent dairy products

### “Healthy Eating” at home and in your community

- When grocery shopping **choose fresh** and **frozen** foods vs. canned and boxed
- When dining out, choose facilities that post nutrition information and offer healthy options
- Venture out to the public market for fresh produce
- Know what and how much your eating! Food labels provide valuable information on sugar, sodium, fat, calorie content, serving size and much more.
- Surround yourself with positive people - those who eat well, cook light, and live healthy, etc. Their healthy habits may rub off on you!
- Bake, Broil & Grill
- Start using dry seasonings for flavor instead of butter, sour cream and oil
- Drink water instead of sweetened beverages

### Need help getting started? Contact:

- Your Primary Care Physician
- A Registered Dietitian
- Your local health department

For more advice and additional resources log on to  
[stepup.excellusbcs.com](http://stepup.excellusbcs.com)