Exercise for all “walks of life”

KIDS:
- Walk the dog before going to school. Walk her again when you come home.
- Go to the mailbox and get the mail.
- Bike or scooter to the store for your mom.
- Join a team—baseball, soccer, basketball, or dance.
- Play tag (outside) with younger sibling.
- Go to the gym with Dad or Mom—challenge them to a game of anything.

Stay-At-Home Parent:
- Sweep floors, patio and front walk every day.
- Play with your kids instead of watching them play.
- Go to the park, push them in a stroller, play ball, dance with them.
- Park at the opposite end of the mall from your destination.
- While shopping, walk around the mall a couple of times.
- At the supermarket, carry packages to the car—park far from the entrance.

Office Worker:
- Take public transportation and walk to the bus or train stop.
- Take the stairs—not the elevator.
- Walk during your lunch hour.
- Get up and visit your co-workers instead of e-mailing them.
- Do stretching exercises at your desk.
- Have a walking meeting; meet with a co-worker to walk somewhere.
- Suggest an interoffice walk, softball game or bowling league.

Weekend Warrior:
- Mow the grass with a push mower.
- Manually wash the car.
- Walk the dog daily.

Couch potato:
- Stretch while you watch TV. Buy a treadmill and ‘tread’ during TV shows or during phone calls.
- Ditch the remote and get up to change channels.
- Schedule dinner 30 minutes earlier and go for a walk afterward.
- Keep a set of small hand weights in the TV room—do triceps and other arm exercises during commercials.

Traveler:
- Take a walk around the terminal while waiting for your flight.
- Do sit-ups, push-ups and stretching exercises in your hotel room—or use the hotel’s fitness room or pool.
- Get up early and walk the neighborhood around your hotel.
- Use the hotel stairs instead of the elevator.
- Take a rubber exercise tube or band on the plane and do arm exercises in your plane seat while flying.

Remember
It’s just math—each pound equals 3500 calories, in or out. Burn 3500 calories with exercise and you lose one pound; eat 3500 calories extra, gain a pound.

Be Fit ~ Not Fat

And Do It With Eggs!

VIRGINIA EGG COUNCIL
911 Saddleback Ct.
McLean, VA 22102
virginiaegg@cox.net ~ eggsrgr8@cox.net
Be Fit ~ Not Fat

It's a question of math—each pound equals 3500 calories. Too fat? Either eat less or burn it off with exercise. The best solution is a combination of both. Research shows a diet that includes high-quality protein-rich foods and foods that are low in fat and high in fiber, in conjunction with daily exercise is the answer.

And the benefits of exercise don't stop with weight control. It actually adds to good health in many ways—helps control diabetes and blood pressure, gives a greater sense of well being, increased bone health, cholesterol control, stroke and heart disease reduction and the list goes on. It's called being fit. And it's worth it.

Eat Right, Right From the Start

Well-nourished children and teens making healthy food choices grow, develop, and learn better and grow into adults that do the same. Evaluate your children's diets, helping them make small changes over time. Encourage variety, balance and moderation in their diet.

Variety is key when selecting food to ensure that the body has all the nutrients needed to thrive. No one food or food category supplies all nutrients needed and variety comes from all food groups.

Balance food choices over a period of time, eating a little bit of everything, but not a lot of anything.

Moderation will help achieve your weight control goals. Some tips for moderation are:

- Share an entrée with a friend
- Eat on smaller plates
- Get a doggy bag for leftovers
- Order half portions
- Never order biggie sizes
- Avoid ‘All You Can Eat Buffets’
- Order appetizer portions for a meal
- Ask for salad dressings on the side
- Always share dessert
- Eat slowly, giving you time to digest
- Avoid second helpings
- Choose whole fruit over juice for extra fiber

A Case for Pedometers

Pedometers measure the number of steps you take. Research shows they motivate people to become more active. The Thompson Study showed how 58 sedentary women participating in the study walked more when using a pedometer. Pedometers may be the constant reminder to build steps into ones day, providing extra motivation to stay active.

TIP: Keep a dozen hard cooked eggs on hand for easy snacking. An egg is the perfect snack—weighing in at only 70 calories, it's a good source of high quality protein, has every Vitamin (except C) in varying amounts, great minerals, and contains no carbohydrates.

More to Good Nutrition Than Just Counting Calories

Some foods provide substantial amounts of vitamins and minerals, making them “nutrient dense”. Others are ‘calorie-dense’ as they supply mainly calories and relatively few nutrients. An egg is a great example of a nutrient-dense food. One egg equals 1 ounce of lean meat, fish, or poultry. After the quality of its protein, one of the more remarkable assets of the egg is the diversity of vitamins and minerals it supplies. Although it contains no Vitamin C, the egg provides from small to significant amounts of all other vitamins known to be needed for human health, as well as varying amounts of important minerals.

1 large egg
70 calories
Protein 6g
Fat 4.5g
Saturated Fat 1.5g
Polyunsaturated Fat .5g
Monounsaturated Fat 2g
Cholesterol 185mg
Sodium 65mg
Carbohydrate .5g

Helpful Websites
www.enc-online.org
www.aeb.org
www.eatright.org
www.obesity.org
www.caloriecontrol.org

Feel the Burn
Calories Burned in 30 minutes

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