

## KEYS TO A HEALTHY LIFESTYLE

### Feel Good about What You 're Doing for Your Health and Body

Diet (your eating pattern) and physical activity are the 2 important components of a healthy lifestyle. There are no “good” and “bad” foods—every food may fit into someone’s diet. However, some foods are healthier than others. Watch portion size! Aim to include whole grains, fruits, vegetables, low fat or fat free dairy products, and lean meats in your diet.

#### Examples of Healthy Foods

- Whole grains: 100% whole wheat bread, whole grain bagels, whole wheat pasta, and brown rice
- Fruits: apples, oranges, grapes, bananas, strawberries, blueberries
- Vegetables: romaine lettuce, tomatoes, green peppers, cucumbers, zucchini
- Low Fat/Fat Free Dairy: milk, yogurt, cheese
- Lean Meat: Turkey, chicken, red meat

#### Physical Activity

Aim to incorporate exercise into your lifestyle! Physical Activity can: increase physical fitness, help build and maintain bones and muscles, build endurance and strength, lower risk factors for heart disease, diabetes and certain cancers, and promote well-being and reduce stress

#### Examples of how to include activity in your daily life:

- Walk to class instead of the bus
- Shop at the mall instead of online
- Join a gym
- Take the stairs instead of the elevator
- Get up and change the TV channel instead of using the remote

#### Thinking about Dieting?

Here’s why you may want to think about a healthy lifestyle instead...

- Dieters have been known to regain the lost weight and maybe even gain more after they go off the diet.
- Why deprive yourself of the foods you love, like all carbs? Can you imagine not having cereal or fruit for breakfast?
- Why think about foods you can’t eat, think about the foods you CAN!!!

#### Weight Loss in a Safe Way

Research shows that losing 1-2 pounds a week by eating better and exercising is the BEST way to lose weight and keep it off.

**1 lb of weight loss = 3,500 calories**

Try to cut 500 calories a day! This is only cutting 200 calories from the diet and exercising at a moderate level for 30 minutes  
You can do it, think positively!

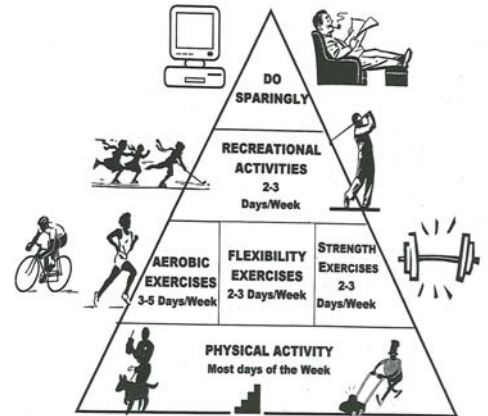
#### Want More Information?

Drop by the Office of Health Promotion and Education, room 237 Ritenour Building, between 8 a.m. and 5 p.m. on weekdays and ask to speak with a nutrition peer educator. We would love to talk to you! You can sign up for a free dietary analysis. A nutrition educator will take your diet information down, process it in the Nutritionist Pro Diet Analysis Program, and give you feedback about your diet. This is a great way to reach your nutrition goals!

**Nutrition Clinic Appointment:** 863-7414

**Telephone Advice Nurse:** 863-4463

**Clinical Services Appointments:** 863-0774



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