



Wellness Workshop

Benefits of Exercise

- Improves your mood
- Combats chronic disease
- Helps manage your weight
- Boosts your energy levels
- Promotes better sleep
- Improves libido
- You have FUN!



HOW MUCH?-

The Recommendation

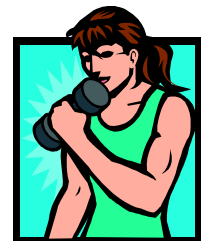
The Department of Health and Human Services recommends:

- *At least two hours & 30 minutes a week of moderate aerobic activity (think brisk walking or swimming)*
- *or one hour and 15 minutes a week of vigorous aerobic activity (such as running) preferably spread throughout the week*
- *Strength training exercises at least twice a week*

WHAT KIND?-

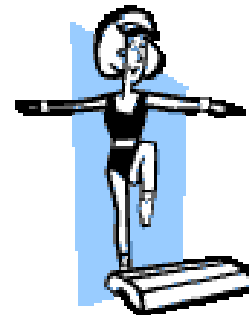
Choosing a Program

- Assess your fitness level
- Set your goals
 - Short and long term
 - Make them specific and attainable
 - Write them down
- Consider your likes and dislikes
- Vary your activities (cross-training)
- Do the math
 - Figure out what you can afford



A Well-Rounded Routine

- Aerobic fitness
- Muscular strength
- Flexibility
- Core stability
- Balance Training



Eating Healthy On The GO!



Best Choices for Fast-Food

- Subway / Quiznos / Deli
- Panera Bread
- Chipotle

Second-Best

- Mc.Donald's / BK / Wendy's
- Pizza



Worst Choices

- KFC
- Taco Bell
- Fish-Fry / Long John Silver's

Eating Healthy On The GO, Affordably!

Save \$\$\$ and prepare your food at home!

Eat breakfast at home &

Invest in a cooler.



Easy things to pack:

- Sandwiches
- Salads
- Fruit
- Cut-up veggies
- Snack bars
- Nut and seed trail mixes.
- Whole grain crackers
- String cheese
- Yogurt
- Cereal and milk

Eating Healthy IS Affordable!

- The **best** way to save money on *healthy* food:
-Prepare it at home!

*What are **the most expensive** foods per calorie?

Ready-eat-foods

-*pre-cut veggies, pre-made salads, sandwiches, hot meals, etc.*

*Usually, the cheapest-per-calorie foods are also
the **least healthy!**

- *potato chips, candy, packaged pastries, white bread, soda, fast-food, etc.*

Eating Healthy IS Affordable!

How to Navigate the Grocery Store

- + Keep to the OUTER EDGES of the store.
 - Fresh items: produce, dairy, eggs, breads, and meats.
 - The inner shelves = processed foods.

- + **Make a list** and stick to it.
 - Limit impulse purchases: eat a meal before you shop!

- + Best way to cut the food bill: **Limit your intake of meat.**
 - animal proteins are the most expensive items in the store.
 - replace meat with beans 3 days a week = \$\$\$ and nutrition!

Eating Healthy IS Affordable!

Healthy Options

+ Breads

- Buy 2-3 loaves on sale and freeze the two you don't need right away. Quality is not affected by freezing

+ Fruits and Veggies

- Purchase frozen: stir-fries and frozen fruit bags.

+ Protein

- Beans, nuts, seeds, quinoa

+ Other “health food” items

- Don't worry about buying other items that you think you need such as specialty yogurts, extra vitamins and minerals, prepared frozen dishes, etc. Eat a balanced diet and you don't need anything extra.