

Moving

toward a



Your personal logbook

choose well

www.healthyalberta.com

Purpose of the Healthy U Logbook

Moving Toward a Healthy U (developed as part of the Government of Alberta's Healthy U campaign) can help you build more active living and healthy eating into your life. Choosing active living and healthy eating will improve your health, help prevent disease, and allow you to get the most out of life.

This logbook provides some basic information both about active living and healthy eating. We have also included charts that you can use to set personal goals and to chart your progress in Moving Toward a Healthy U.

Starting slowly is very safe for most people. Not sure? Consult your health professional.



Benefits of Regular Activity:

- better health
- improved fitness
- better posture and balance
- better self-esteem
- weight control
- stronger muscles and bones
- feeling more energetic
- relaxation and reduced stress
- continued independent living in later life
- improved mental well-being (morale and self-esteem)

Health Risks of Inactivity:

- premature death
- heart disease
- overweight
- high blood pressure
- type 2 diabetes
- osteoporosis
- stroke
- certain types of cancer

Physical Activity

Now is the time. Walk, run or wheel, and embrace life.

To achieve health benefits, adults (18-64 years) and older adults (65 years and over) should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

And remember, as you progress you can do more! More physical activity provides greater health benefits.

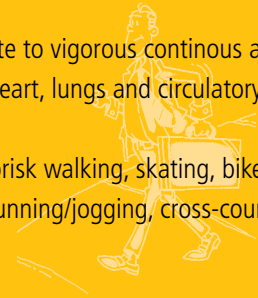
Choose a variety of activity from these two groups:

1. Endurance

150 minutes/week (e.g., 30 minutes x 5 days/week)

Moderate to vigorous continuous activity for your heart, lungs and circulatory system

e.g., brisk walking, skating, bike riding, soccer, running/jogging, cross-country skiing

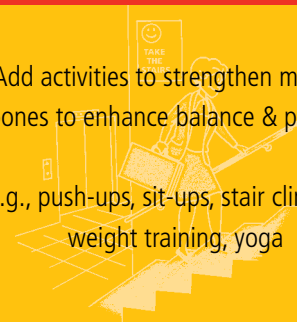


2. Strength

2 days/week

Add activities to strengthen muscles and bones to enhance balance & prevent falls

e.g., push-ups, sit-ups, stair climbing, weight training, yoga



Food Choices

Different People Need Different Amounts of Food

The amount of food you need every day from the four food groups and other foods depends on


- your age;
- body size;
- activity level;
- whether you are male or female; and
- if you are pregnant or breast-feeding.

That's why the guidelines provide a lower and a higher number of servings for each food group. For example, a woman, 19-50 years has a lower number of grain product servings, than a male in the same age category.

Most importantly it's about Healthy U and healthy choices for:


- Healthy Me;
- Healthy Family; and
- Healthy Communities

Learn to read food labels



Unhealthy fats, sodium & sugar

Nutrition Facts			
Serving ½ cup (125 mL)*			
Amount	% Daily Value		
Calories 0			
Fat 0 g	0 %		
Saturated 0 g	0 %		
+ Trans 0 g	0 %		
Cholesterol 0 mg	0 %		
Sodium 0 mg	0 %		
Carbohydrate 0 g	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
Protein 0 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 0 %		



Fibre, calcium, vitamin D & iron

Recommended Number of Food Guide Servings per Day

Age in Years	Adults			
	19-50		51+	
	Females	Males	Females	Males
Vegetables and Fruit	7-8	8-10	7	7
Grain Products	6-7	8	6	7
Milk and Alternatives	2	2	3	3
Meat and Alternatives	2	3	2	3

Vegetables and Fruit

7-10 Servings per Day

Examples of one serving include

- 1 medium-size vegetable or fruit
- 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit
- 250 mL (1 cup) of salad
- 125 mL (1/2 cup) of juice

Choose dark green and orange vegetables and orange fruit more often.

Eat vegetables and fruit with every meal and as a snack.

Choose vegetables and fruit more often than juice.

Grain Products

6-8 Servings per Day

Examples of one serving include

- 1 slice of bread
- 30 g of cold cereal
- 175 mL (3/4 cup) of hot cereal

Choose whole grain and enriched products more often.



Milk & Alternatives

2 Servings per Day (for Adults)

Examples of one serving include

- 250 mL (1 cup) of milk or fortified soy beverage
- 50 g (3" x 1" x 1") cheese or 50 g
- 175 g (3/4 cup) of yogurt or soy yogurt

Choose lower-fat milk products more often.



Meat & Alternatives

2-3 Servings per Day

Examples of one serving include

- 75 g (2.5 oz) of meat, poultry or fish
- 75 g (1/2 cup) of canned fish
- 1-2 eggs
- 175 mL (3/4 cup) of beans
- 175 mL (3/4 cup) of tofu
- 30 mL (2 tbsp) of peanut butter

Choose leaner meats, poultry, and fish, as well as dried peas, beans, and lentils more often.



Limit Foods

Limit foods and beverages that are high in calories, fat, sugar or sodium (salt) such as:

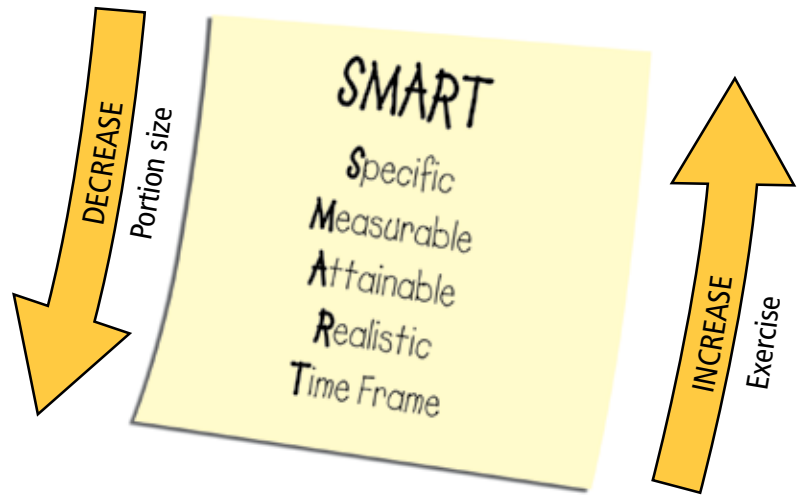
- cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, deep fried french fries, potato chips, nachos and other salty snacks, fruit-flavored drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Choose healthy beverages like plain water, low-fat milk, fortified soy beverages, tea and coffee.

Juice contributes toward excess calorie intake.

Setting Goals

Studies show that individuals who set goals are much more likely to achieve them. Once you've decided to make the move to a healthier you, set SMART goals.



Specific	Measurable	Attainable	Realistic	Time Frame
You are much more likely to achieve a specific goal than a general goal.	Establish concrete criteria for measuring your progress toward each goal you set.	Your goals should be set by you rather than by someone else. You are the best judge of your strengths and weaknesses, and you can use this information to maximize your chances of success.	A realistic goal is an objective toward which you are both willing and able to work.	Establish a reasonable deadline for achieving your goal.

A SMART plan is one that is:

Specific	Measurable	Attainable	Realistic	Time Frame
Outline in detail your specific goals (the "what, how, why").	Decide how you will assess your progress (e.g., running speed, stamina, strength).	Set goals that are within your reach (e.g., you might split a large goal into smaller goals).	Set goals that are challenging, yet possible (you are more likely to succeed if your goals are realistic).	Establish a deadline for goal completion (be realistic, so that you don't set yourself up for failure).

Share your goals with people who will support your efforts and then celebrate your accomplishments together!

Review your goals frequently. You may find that you achieve your goals a lot faster than you thought and that you need to create new ones.

Goal-Setting Worksheet

Take time to record your goals on paper. People who write down their goals are more likely to achieve them.



When setting your goals, play it **SMART**. Goals should be **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and have a **T**ime frame.

Goals and Action Steps		Time Frame
Goal: Example	I will walk 3 times a week, at lunchtime, for 30 minutes for the next 2 weeks.	2 weeks
Action Steps	1. Schedule walks in daytime.	today
	2. Remember to take walking shoes to work.	tomorrow morning
	3. Pack portable lunch on walking days.	2 weeks

Goal 1		
Action Steps	1.	
	2.	
	3.	

Goal 2		
Action Steps	1.	
	2.	
	3.	

Goal 3		
Action Steps	1.	
	2.	
	3.	

Success Indicators (e.g., recording steps in your logbook or stars on your calendar)	1.	
	2.	
	3.	
	4.	
	5.	

My Weekly Physical Activity Tracker

Use this Physical Activity Tracker to track the number of minutes of activities you do each week.



- Add up to 150 minutes of moderate to vigorous aerobic physical activity over the course of the week, in bouts of at least 10 minutes.
- Also add in muscle and bone strengthening activities at least 2 days/week.
- Remember, starting slowly is very safe for most people.
- Place a checkmark (✓) in the appropriate circle for every 10 minutes of activity.

		Endurance <small>Examples include walking and gardening</small>						Strength <small>Examples include stair-climbing, weight-training, and push-ups.</small>						Total Minutes
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Week 4 Totals:														

Get Physically Active One Step At A Time!



What is a pedometer?

A pedometer is a simple device used to measure the number of steps you take in a day.

How does a pedometer work?

When positioned correctly, your pedometer records a step each time your hip moves up and down. Your pedometer also measures things you do throughout your day in addition to walking, such as bending to tie your shoes.

How do I wear it?

Attach the pedometer to your belt or waistband over the middle of your leg.

How will I benefit from walking?

To get the most health benefit from walking, walk regularly. Walking has many benefits, including:

- helping to prevent heart disease and stroke by improving cholesterol levels, blood flow and heart function;
- reducing blood pressure and preventing adult-onset diabetes by reducing body fat;
- helping to prevent bone loss and osteoporosis.

How do I get started and progress safely?

Wear the pedometer for three days and calculate your average daily count. Choose two workdays and one non-workday. Your daily step goal should be

- personally relevant;
- to improve your average daily count;
- sustainable for the long term;
- recorded to help keep you motivated to be active.

Where are you now?

- Active adults average between 7,000 and 12,000 steps/day
- Active older adults average between 6,500 and 9,500 steps/day
- Inactive adults average between 3,500 and 5,500 steps/day.
- Gradually increase your steps by an additional 2,500 to 3,000 steps /day.

Will my pedometer work if I run?

Yes, it works for running. Keep in mind that the pedometer does not measure intensity of activity, but steps are counted just the same.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

How do I care for my pedometer?

- Change the battery when the digital display fades.
- Clip the pedometer safety strap to your waistband to prevent loss of the pedometer.

My Weekly Food Tracker

Use this Weekly Food Tracker to track your daily food choices.



Place a checkmark (✓) in the appropriate circle for the food choices you make each day.

Vegetables & Fruit 7-10 servings		Grain Products 6-8 servings		Milk & Alternatives 2 servings		Meat & Alternatives 2-3 servings	
<p>Examples include 1 medium-sized vegetable or fruit, 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit, 125 mL (1/2 cup) juice, 250 mL (1 cup) salad.</p>		<p>Examples include 1 slice of bread, 30 g cold cereal, 1/2 bagel, pita or bun, 125 mL (1/2 cup) pasta or rice.</p>		<p>Examples include 250 mL (1 cup) milk, 50 g cheese (3" x 1" x 1"), 175 g (3/4 cup) yogurt.</p>		<p>Examples include 75 g meat, poultry, or fish, 175 mL tofu, 1-2 eggs, 175 mL beans, 30 mL (2 tbsp) peanut butter.</p>	
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Always satisfy your thirst. Choose water often and be sure to drink more in hot weather or when you are very active.

A Day Of Healthy Food Choices

Breakfast

- 125 mL (1/2 cup) blueberries
- 250 mL (1 cup) dry cereal
- 250 mL (1 cup) milk
- 60 mL (1/4 cup) almonds
- Coffee

Morning Snack

- 250 mL (1 cup) strawberries
- water

Lunch

- 125 mL (1/2 cup) mango
- 125 mL (1/2 cup) cucumber
- 2 slices whole wheat bread
- 250 mL (1 cup) tea
- 75 g (1/2 cup) tuna

Afternoon Snack

- 20 g whole wheat crackers
- 1 apple / pear
- Water

Dinner

- 250 mL (1 cup) fruit salad
- 375 mL (1 1/2 cups) whole wheat pasta
- 250 mL (1 cup) milk
- 175 mL (3/4 cup) pasta sauce with vegetables and meat

Total servings for the day:

8 servings

vegetables and fruit

7 servings

grain products

2 servings

milk and alternatives

2-3 servings

meat and alternatives

Recommended Number of Food Guide Servings per Day

Age in Years	Adults			
	19-50		51+	
	Females	Males	Females	Males
Vegetables and Fruit	7-8	8-10	7	7
Grain Products	6-7	8	6	7
Milk and Alternatives	2	2	3	3
Meat and Alternatives	2	3	2	3

What is a Serving Size?

The Government of Alberta has chosen to use the recommendations in *Eating Well with Canada's Food Guide* to help identify appropriate amounts and portion sizes that need to be eaten daily from specific age categories. A Food Guide Serving Size (FGSS) is simply a reference amount. It helps you understand how much food is recommended every day from each of the four food groups. In some cases, a FGSS may be close to what you eat, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.



250 mL (1 cup)
cold cereal



75 g (2.5 oz.)
cooked meat,
fish or poultry



1 small or medium
fruit or vegetable



50 g
cheese

