

GETTING STARTED

Lifestyle changes are developed one step at a time and it is important that you plan for success. The planning process for your health is much the same as planning lessons for your children. Make strides to a healthy, active life by following the steps below.

Step One: Create a few goals.

Try to be as specific as possible when writing health goals. Include target dates, measurable actions, and realistic guidelines. By doing so, you will set yourself up for success in achieving your goals.

Examples:

I will walk for 15 minutes during my lunch break three days a week for one month.

I will avoid using the vending machine to purchase snacks for two weeks by bringing fruit and vegetables from home.

Step Two: Consider and plan for things that may have an effect on accomplishing your goals.

- Consider your schedule and habits and determine if any changes need to be made.
- Determine your barriers to eating healthy and being physically active and create solutions.

Step Three: Create and implement strategies to assist you in accomplishing your goals.

Utilize the information in the Healthy Strides section to make changes in your eating habits and physical activity behaviors.

Step Four: Remember why you are doing this (the benefits on good nutrition and physical activity).

Live longer, live better, and live happier.

- ✓ Combats and helps prevent chronic disease

- ✓ Helps manage weight
- ✓ Helps build and maintain healthy bones, muscles, and joints
- ✓ Promotes better sleep
- ✓ Strengthens the immune system
- ✓ Improves digestion, absorption and elimination
- ✓ Improves mood and reduces feelings of depression, anxiety and stress

- ✓ Helps set positive examples for children and other adults

- ✓ Lowers both total cholesterol and triglycerides and increases HDL or the “good” cholesterol
- ✓ Lowers the risk of developing high blood pressure and reduces blood pressure in those with high blood pressure

Step Five: Evaluate and reward

Take a look at your goals on a regular basis to determine your personal progress and success. When first starting out, it is important to evaluate your goals frequently. This will allow you to stay motivated by rewarding yourself for the progress you have made more often. Change and progress will vary based on your level of commitment and the length of time you have been working on your goals. Don't give up too soon; it may take longer than anticipated to see the changes you are expecting.

PHYSICAL ACTIVITY

Physical activity is an essential part of a healthy lifestyle. It is particularly important for you as a child care provider to be physically active because it improves your personal health while modeling healthy behaviors for the children with whom you work. Being active for 30-60 minutes on most days can help you build strength and fitness, relax and reduce stress, gain more energy, and improve your sleep. These benefits all add up to decreasing your risk of heart disease and other conditions, such as colon cancer, diabetes, osteoporosis, and high blood pressure. Working with children can be quite stressful and tiring. Good health and increased physical activity can help you be ready to face the challenges that you encounter each day.

Physical activity and nutrition are inter-related. What we eat directly affects our energy levels, mood, and weight. If we consider both nutrition and physical activity together we can use what we eat to help improve our physical activity which will in turn improve our energy levels, mood, weight and health. Remember, a person's weight and changes in weight are based on calories consumed and calories burned. If you consume more calories than you burn through physical activity you will gain weight. If you are interested in making a change in your weight, then it is important to work on both nutrition and physical activity.

Physical Activity Recommendations Table

If...	Then...
You do not currently engage in regular physical activity,	you should begin by incorporating a few minutes of physical activity into each day, gradually building up to 30 minutes or more of moderate-intensity activities.
You are now active, but at less than the recommended levels,	you should strive to adopt more consistent activity: <ul style="list-style-type: none"> • moderate-intensity physical activity for 30 minutes or more on 5 or more days of the week, or • vigorous-intensity physical activity for 20 minutes or more on 3 or more days of the week.
You currently engage in moderate-intensity activities for at least 30 minutes on 5 or more days of the week,	you may achieve even greater health benefits by increasing the time spent or intensity of those activities.
You currently regularly engage in vigorous-intensity activities 20 minutes or more on 3 or more days of the week,	you should continue to do so.

**Scientific evidence to date supports the statements above.*

Source: <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm>



If you reduce your calorie intake by 300 calories a day and increase your activity to burn 200 extra calories per day, you can expect a steady weight loss of approximately one pound per week

BARRIERS to being PHYSICALLY ACTIVE

We all have explanations as to why we may not be physically active. One of the first steps of becoming more physically active is to determine your own barriers to physical activity. It may help to write them down. Once you know what is preventing you from being physically active, you can then start to determine solutions that can help you increase your levels of physical activity (you may want to write these down as well). Below is a list of a few barriers to being physically active and some possible solutions.

Barriers	Possible Solution
“I don’t have the time.”	There is never a perfect time to be active but it may help to plan this time into your day ahead of time. If 30-60 minutes of activity is impossible to fit into your schedule, try breaking it down into 10 minute increments throughout your day. Try taking the stairs instead of the elevator, playing tag on the playground with your students, or leading them on a Be Active Kids adventure during a rainy day. Making the time to be active now may prevent serious health conditions later and can also increase your energy levels during the day.
“I don’t have the money.”	Physical activity and exercise don’t have to be expensive or done at a gym or fitness center. Being physically active can be done very inexpensively at home or within your community. Performing household chores, utilizing local parks and recreation facilities, renting a yoga video/DVD, or using homemade equipment such as cans of soup or milk jug dumbbells.
“I physically can’t do it.”	Sometimes our physical abilities and limitations are controlled by our mental and emotional decisions. Start by consulting a health care professional like your primary doctor. This consultation can help you establish goals based on your current health. Once you have medical clearance, start out slowly and progress accordingly based on your goals and needs.

REMINDER

Be sure to consult with your doctor when making physical activity a part of your life. If you have an opportunity, communicate with a personal trainer or fitness consultant and nutritionist or dietician to further help in making a change towards a healthy lifestyle.

HOW DO I BEGIN?

1. Create a few goals and make a **commitment** to being physical active.
 - a. I will walk for 15 minutes during my lunch break three days a week for one month.
 - b. I will interact with my students during play time two days a week for one month.
 - c. I will take a brisk one mile walk three nights a week for one month.
2. Plan for success – take a look at how often you are active versus inactive. Think about what you do at work and at home to increase physical activity time.
 - Consider your schedule and find times that are realistic to be used as physical activity time.
 - Put physical activity time as an appointment on your calendar.
 - Make notes on your lesson plans about how you are going to get physical activity with your children during work.
 - Communicate with others to get help (schedule walk breaks, get other providers involved)
 - Obtain new information about health and physical activity.
 - Refer back to your BMI from the nutrition section. Knowing your BMI score may help you determine the amount of physical activity needed.
3. Increase your physical activity time – start increasing how often and for how long you are being physically active. There are 1440 minutes in a day. Can you dedicate 30 minutes to improving your health? It is suggested that adults should engage in *moderate-intensity* physical activities for at least 30 minutes on 5 or more days of the week or engage in *vigorous-intensity* physical activity 3 or more days per week for 20 or more minutes per occasion. New guidelines also recommend doing 8-10 strength-training exercises, with 8-12 repetitions of each exercise twice a week. Record your physical activity to visualize what you are doing and how often you are doing it. Use the Go for 21 physical activity log sheet to track your physical activity for 21 days included on page 114.

Moderate-intensity physical activity

Moderate-intensity physical activity refers to a level of effort in which a person should experience:

- Some increase in breathing or heart rate
- The effort a healthy individual might expend while walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain, for example.

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Vigorous-intensity physical activity

Vigorous-intensity physical activity may be intense enough to represent a substantial challenge to an individual and refers to a level of effort in which a person should experience:

- large increase in breathing or heart rate (conversation is difficult or “broken”)
- The effort a healthy individual might expend while jogging, mowing the lawn with a non-motorized pushmower, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill, carrying more than 25 lbs up a flight of stairs, standing or walking with more than 50 lbs for example.

Begin increasing your physical activity throughout the day. You can try to fit 30-60 minutes of physical activity into your daily schedule in one block of time or try to incorporate three to six 10 minute physical activity periods. Shorter bouts of physical activity have been seen to be just as effective as longer 30-60 minute bouts and may fit more easily into busy schedules. The following are suggestions for 5-10 minute physical activity breaks that can be incorporated into your day:

Work	<ul style="list-style-type: none">• Play with your children during outside time (create a game or challenge)• Role play with them during story time• Engage in the activities for the Be Active Kids Lesson• Move around the classroom more and reduce the time you spend sitting.• Go on field trips or nature walks.• Create 5-10 minute movement breaks throughout the day.• Walk during your lunch break.• Start a walking club or challenge among other providers.• Encourage directors to assist in implementation of a staff wellness program including incentives.
Home	<ul style="list-style-type: none">• Use a manual push mower when cutting the grass• Start walking around your neighborhood• Play with animals and/or children• Work on house projects that include lifting, nailing, etc• Dance, dance, dance!• Create and work in a garden
Community	<ul style="list-style-type: none">• Look for physically active volunteer opportunities within your county or town• Contact your local parks and recreation department for opportunities• Classes (dance, yoga, aerobics, self-defense, etc)• Sports (individual and group)• Facilities and resources (tracks, fields, walking trails, etc)• Take the stairs instead of elevators or escalators• Park farther away from stores and walk



The more frequently you are physically active the better!

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4. Knowing what physical activity does to your body – Physical activity does many things to help our bodies. The bottom line is that physical activity helps burn calories, improves our muscle strength and endurance, releases endorphins (which make us feel better), helps strengthen your immune system, improves sleep, and relieves stress. These are just the main benefits to being more physically active. As you increase your physical activity time it is important to understand the level of physical activity in which you should be engaging. How much effort or intensity do I need during physical activity? How strenuous should physical activity be? These questions can also be answered by your goals and needs. **Remember:** sweat, heavy breathing, muscle fatigue, and slight discomfort are appropriate, and in many times, visual signs of appropriate intensity. You'll know when it is too easy or just right! *Consult with your primary care physician for medical information and restrictions.*

	Approximate calories used by a 154-pound person	
	In 1 hour	In 30 minutes
Moderate physical activities:		
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight Lifting (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:		
Running/Jogging (5 miles per hour)	590	295
Bicycling (greater than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy Yard Work (chopping wood)	440	220
Weight Lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

Source: United States Department of Agriculture; Food and Nutrition Services

Moderate intensity activities typically burn 3.5 - 7 calories per minute
Vigorous intensity activities typically burn more than 7 calories per minute.

Source: Department of Health and Human Services; Centers for Disease Control and Prevention



*Listen to what your body is telling you.
 Soreness is expected and can be reduced by continued exercise
 and proper stretching.*

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5. Stay Motivated – utilize things that make you happy and are practical

Type of activities:

- Start with convenient activities that you enjoy.
- Remember that you don't have to spend a lot of money at fitness facilities.
- Develop knowledge and skill in various activities to broaden your options.
- Look for a challenge but ensure success can be achieved.

Don't go at it alone:

- Include family, friends, and coworkers.
- Use physical activity as a social opportunity.
- Friendly competition is a great motivator and can be fun and rewarding.

Tune in to technology:

- Use radios, walkman, iPods, TVs and other technology keep you focused.
- Look into Nike+ technology (Nike shoes + iPod + accelerometer).
- Use pedometers to track your physical activity (steps, distance, time, calories, etc).
- Use heart rate monitors to observe physical activity intensity.



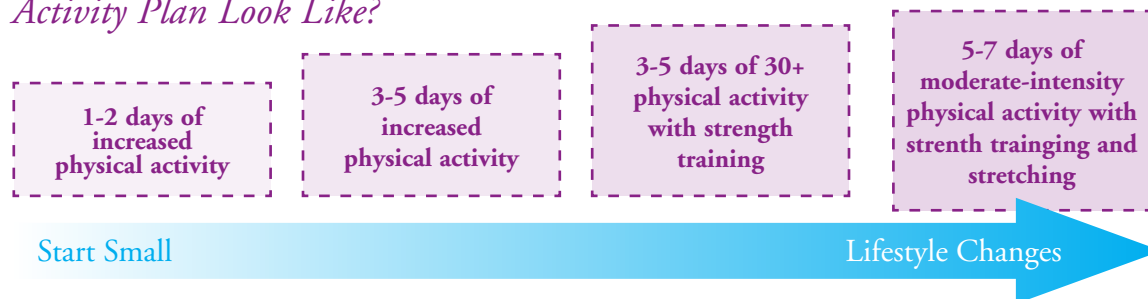
- Utilize fitness or exercise videos.
- Register for free online services such as Blue Cross and Blue Shield of North Carolina Blue PointsSM.



In order to work towards making physical activity a healthy habit and a part of your lifestyle it is helpful to keep track of your physical activity and occasionally assess your participation. First, start by keeping a journal of your physical activity. This can be done on paper or electronically. There are several websites that have physical activity tracking systems for you to use (http://www.beactivenc.org/programs/active_steps.cfm; <http://www.mypyramidtracker.gov>). Try to commit to your goals and recording your progress for at least 21 days. This will help aid in making these daily changes into lifestyle behaviors. Utilize the Daily Journal nutritional log sheet or Go for 21 physical activity log sheet to keep you focused. Be patient, it may take up to six weeks to see significant changes or develop habits.

Along with tracking and recording your progress it is also important to assess your health-related fitness levels on a regular basis. Use your activity log as a way to see when you are being active, why you are being active, and how you are being active. Look for changes in your activity levels, strength, or intensity. Write down activities that you enjoy or want to try in the future. Using the results from your journal or logs will allow you to see improvement. Celebrate and reward yourself based on that improvement, especially when you meet your goal(s). Then use your achievements to help motivate you to set new goals.

What Would a Physical Activity Plan Look Like?



GO for 21

- (1) Before you begin 21 Simple Strides, record your steps or activity time daily for 3 days (P1, P2, & P3).
- (2) If using a pedometer, use Formula A on the next page, find your daily average. If you are not using a pedometer but using activity time, use Formula B.
- (3) Set a daily goal or use one provided below. Gradually increase your steps or activity time everyday to reach your ultimate goal by the 21st day.

Day	Date	Number of Steps	Activity Time	Activity
<i>example</i>	<i>4/22/2008</i>	<i>1400</i>	<i>15 min</i>	<i>Walking at work</i>
P1				
P2				
P3				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
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21				

GO for 21 FORMULAS

Formula A: Determining the number of STEPS you need to increase each day to meet your goal.

Finding daily average steps: $\frac{\text{Total Steps for 3 days}}{\text{Total Steps for 3 days}} \div 3 = \frac{\text{Daily Step Average}}{\text{Daily Step Average}}$

Finding number of steps you will need to increase: $\frac{\text{End Goal} - \text{Daily Average}}{\text{End Goal} - \text{Daily Average}} \div 21 = \frac{\text{Number to increase steps by each day}}{\text{Number to increase steps by each day}}$

Example A:

Finding daily average steps: $\frac{5359}{\text{Total Steps for 3 days}} \div 3 = \frac{1796}{\text{Daily Step Average}}$

Finding number of steps you will need to increase: $\frac{10000 - 1796}{\text{End Goal} - \text{Daily Average}} \div 21 = \frac{391 \text{ steps}}{\text{Number to increase steps by each day}}$

Suggestions for Step Number End Goal:

- 4000 steps - helps prevent chronic disease
- 8000 steps - improve fitness levels
- 10,000 steps - weight loss



Increasing total number of steps each day should be your primary goal.

Formula B: Determining the number of MINUTES you need to increase each day to meet your goal.

Finding daily average minutes: $\frac{\text{Total Minutes for 3 days}}{\text{Total Minutes for 3 days}} \div 3 = \frac{\text{Daily Average Physical Activity Time}}{\text{Daily Average Physical Activity Time}}$

Finding number of minutes you will need to increase by the 21st Day: $\frac{\text{End goal} - \text{Daily Average}}{\text{End goal} - \text{Daily Average}} \div 21 = \frac{\text{Number of minutes to increase by each day}}{\text{Number of minutes to increase by each day}}$

Example B:

Finding daily average minutes: $\frac{70}{\text{Total Minutes for 3 days}} \div 3 = \frac{23}{\text{Daily Average Physical Activity Time}}$

Finding number of minutes you will need to increase by the 21st Day: $\frac{60 - 23}{\text{End goal} - \text{Daily Average}} \div 21 = \frac{1.8 \text{ minutes}}{\text{Number of minutes to increase by each day}}$

Suggestions for Physical Activity Time End Goal:

- 30 minutes - helps prevent chronic disease
- 60 minutes - improve fitness levels
- 90 minutes - weight loss



Increasing your total amount of physical activity time each day should be your primary goal.

GLOSSARY

Body Composition: the ratio of lean body mass (structural and functional elements in cells, body water, muscle, bone, heart, liver, kidneys, etc.) to body fat (essential and storage) mass. Essential fat is necessary for normal physiological functioning (e.g., nerve conduction). Storage fat constitutes the body's fat reserves, the part that people try to lose on a weight loss program.

Calorie: a unit of energy in food. Foods have carbohydrates, proteins, and/or fats. Carbohydrates and proteins have 4 calories per gram. Fat has 9 calories per gram.

Carbohydrates: a broad category of sugars, starches, fibers and starchy vegetables that the body eventually converts to glucose (simple sugar), the body's primary source of energy.

Cardiovascular endurance: improving the ability of your heart and lungs to supply adequate oxygen to working muscles during prolonged activity.

Cholesterol: a fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products. Foods high in cholesterol include organ meats, egg yolks, and dairy fats. Cholesterol is needed to carry out functions such as hormone and vitamin production. When cholesterol levels are too high, some of the cholesterol is deposited on the walls of the blood vessels. Over time, the deposits can build up and cause the blood vessels to narrow and blood flow to decrease. The cholesterol in food, like saturated fat, tends to raise blood cholesterol, which increases the risk for heart disease. Total blood cholesterol levels above 240 mg/dl are considered high. Levels between 200 and 239 mg/dl are considered borderline high. Levels under 200 mg/dl are considered desirable.

Energy expenditure: the amount of energy, measured in calories that a person uses. Calories are used by people to breathe, circulate blood, digest food, maintain posture, and be physically active.

Exercise: physical activity that is planned or structured. It involves repetitive bodily movements done to improve or maintain one or more of the components of physical fitness.

Fat: a major source of energy in the diet. All food fats have 9 calories per gram. Fat helps the body absorb fat-soluble vitamins, such as vitamins A, D, E, and K, and carotenoids. Some kinds of fats, especially saturated fats and trans fats, may raise blood cholesterol and increase the risk for heart disease. Other fats, such as unsaturated fats, do not raise blood cholesterol. Fats that are in foods are combinations of monounsaturated, polyunsaturated, and saturated fatty acids.

Flexibility: the ability to move joints through a full range of motion, with restriction.

Heart rate (HR): the number of times the heart beats or pulses in a given period of time. To determine your heart rate, find your pulse, in your neck or wrist, and counting beats for one minute.

Maximum heart rate (MHR): the highest number of times your heart should contract or beat in one minute. This is only an estimate and can alter based on health, physical activity level, and genetics. ($220 - \text{age} = \text{maximum heart rate}$). Example for a 30 year-old woman ($220 - 30 = \text{a MHR of } 190 \text{ beats per minute}$).

Metabolism: all of the processes that occur in the body that turn the food you eat into energy your body can use.

Moderate-intensity physical activity: physical activity in which a person should experience: increase in breathing or heart rate; a "perceived exertion" of 11 to 14 on the Borg scale; or any activity that burns 3.5 to 7 calories per minute (kcal/min).

Monounsaturated fat: fats that are in foods are combinations of monounsaturated, polyunsaturated, and saturated fatty acids. Monounsaturated fat is found in canola oil, olives and olive oil, nuts, seeds, and avocados. Eating food that has more monounsaturated fat instead of saturated fat may help lower cholesterol and reduce the risk of heart disease. However, monounsaturated fat has the same number of calories as other types of fat, and may still contribute to weight gain if eaten in excess.

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GLOSSARY *continued*

Muscular endurance: the number of repetitions a muscle or muscle group can repeatedly perform with a certain weight load.

Muscular strength: the greatest load that a muscle, or muscle group, can handle for a single repetition.

Physical fitness: a set of attributes that are either health related or performance (or skill) related. Health related fitness comprises those components of fitness that exhibit a relationship with health status. These include cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Polyunsaturated fat: a highly unsaturated fat that is liquid at room temperature. Fats that are in foods are combinations of monounsaturated, polyunsaturated, and saturated fatty acids. Polyunsaturated fats are found in greatest amounts in corn, soybean, and safflower oils, and many types of nuts. They have the same number of calories as other types of fat, and may still contribute to weight gain if eaten in excess.

Protein: one of the three nutrients that provides calories to the body. Protein is an essential nutrient that helps build many parts of the body, including muscle, bone, skin, and blood. Protein provides 4 calories per gram and is found in foods like meat, fish, poultry, eggs, dairy products, beans, nuts, and tofu.

Saturated fat: a fat that is solid at room temperature. Fats that are in foods are combinations of monounsaturated, polyunsaturated, and saturated fatty acids. Saturated fat is found in high-fat dairy products (like cheese, whole milk, cream, butter, and regular ice cream), ready-to-eat meats, the skin and fat of chicken and turkey, lard, palm oil, and coconut oil. They have the same number of calories as other types of fat, and may contribute to weight gain if eaten in excess. Eating a diet high in saturated fat also raises blood cholesterol and risk of heart disease.

Sodium: a mineral needed by the body to keep body fluids in balance. Sodium is found in table salt and in many processed foods. Too much sodium can cause the body to retain water. Excess sodium intake has been linked to an increase in blood pressure. A potassium rich diet can counteract some of sodium's effects on blood pressure.

Target heart rate (THR): the heart rate at which the body reaches a targeted percent of its maximum capacity during strenuous exercise. Your percentage will change based on your goals, usually ranging from 50%-90%. Start off at the lower end and raise your percentage over time for increased intensity. (Max. heart rate x selected % = target heart rate.) For target heart rate zone, select a lower limit and an upper limit and try to keep your heart rate in between during physical activity. (Example: MHR of 185 x .60 = 111 (lower limit) and MHR of 185 x .75 = 139 (upper limit)).

Trans fat: a fat that is produced when liquid fat (oil) is turned into solid fat through a chemical process called hydrogenation. Trans fatty acids are found in margarine, shortening, and some commercial baked foods like cookies, crackers, muffins, and cereals. Eating a large amount of trans fatty acids also raises blood cholesterol and risk of heart disease.

Vigorous-intensity physical activity: physical activity that may be intense enough to represent a substantial challenge to an individual and refers to a level of effort in which a person should experience: large increase in breathing or heart rate; a "perceived exertion" of 15 or greater on the Borg scale; or any activity that burns more than 7 kcal/min.

- U.S. Department of Health and Human Services (HHS), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Weight-control Information Networks (WIN). <http://win.niddk.nih.gov/publications/glossary.htm#index>
- Centers for Disease Control and Prevention (CDC). Healthy Living. <http://www.cdc.gov/HealthyLiving/>