



CONNECTICUT Clearinghouse
 a program of the Connecticut Center
 for Prevention, Wellness and Recovery

800.232.4424 (Voice/TTY) 860.793.9813 (Fax)
 www.ctclearinghouse.org



Get the Facts About YOUR HEALTH

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

Getting The Correct Information

We are bombarded every day with conflicting information about our health.

- *Is it better to eat a low-carb diet or a balanced diet?*
- *Should we be physically active 3 times a week or 5 times a week?*
- *And how can we be expected to follow any of these recommendations when we're always so busy?*



It's no wonder that many of us throw up our hands and give up. But if we want to live long and fulfilling lives, it's essential that we learn the real facts about health, nutrition, and physical activity.

Luckily, the real facts are pretty straightforward.

Fact

2 out of every 3 Americans are overweight or obese - defined as having a body mass index over 25.

Fact

In order to lose weight, you have to burn more calories than you consume.

Fact

Even small changes in your life will add up to big results.

ALL YOU REALLY NEED TO DO TO KEEP A HEALTHY LIFESTYLE IS:

Eat A Healthy Diet

Learn how eating right and being physically active are keys to a healthy lifestyle.

Get Active

Get physically active at least 5 times a week, for 30 minutes or more.

Avoid Harmful Substances

Avoid tobacco and illegal drugs altogether.

Well, if it were that easy, we'd all be effortlessly fit and healthy.

Today's lifestyle doesn't allow much room for health. And that's where Small Steps comes in. We know that it's impossible for many people to make dramatic lifestyle changes. Instead, we want to help you learn ways that you can change small things about your life and see big results.

(continued)

Listed below are examples of small steps you can make toward a healthier life:

Use fat free milk over whole milk.

Don't eat late at night.

Don't take seconds.

Eat half your dessert.

Eat more celery sticks.

Go for a half-hour walk instead of watching TV.

Grill, steam or bake instead of frying.

Park farther from destination and walk.

Eat off smaller plates.

Eat before grocery shopping.

Before going back for seconds, wait 10 or 15 minutes. You might not want seconds after all.

Know your fats. Use some vegetable oil instead of butter for cooking and baking.

Snack on fruits and vegetables.

If you find it difficult to be active after work, try it before work.

You can break up your physical activity into 10-15 minute sessions throughout the day—it's the daily total that matters. Aim for at least 30 minutes for adults, 60 minutes for children.

Try a main dish salad for lunch. Go light on the salad dressing.

Have fruit for dessert, such as baked apples, pears, or a fruit salad.

Play with your kids 30 minutes a day.

Use spices instead of salt. Start by cutting salt in half.

Try brown rice or whole-wheat pasta.

Get a dog and walk it.

When walking, go up the hills instead of around them.

Drink lots of water.

Try eating at least 2 vegetables with dinner.

Don't skip breakfast.

Lower the sodium. Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.

Walk instead of driving whenever you can.

Focus on fruits. Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.

Ask a friend to exercise with you.

Department of Health and Human Services