

Calories Out

Activity



South
Dakota
Department
of Health

Weekly Goal:

150 minutes or more of moderate to vigorous physical activity spread throughout the week

2 or more days of activities that build your muscles

Little to no-cost ideas:

- **Step Stools:** Stepping, squatting, or a simple step routine.
- **Milk, water or juice jugs:** Use empty or fill with sand or dirt for a heavier lift.
- **Canned goods:** Shoulder, back, or arm weight training.
- **Chairs:** Chair dips or squats.
- **Weight-free:** Push-ups, sit-ups, or squats. No equipment needed!

Break 30 minutes into 3 – 10 minute blocks

10 minute Activity ideas:

- * Take a brisk 10 minute walk or bike ride
- * Work in the yard for 10 minutes
- * Have a 10 minute dance session
- * Vacuum for 10 minutes
- * Do 5 minutes of jumping jacks & 5 minutes of push-ups
- * If you ride the bus, get off at an earlier stop and walk the rest of the way.
- * If you drive to work, park at the far end of the parking lot.

Healthy @ Every Size



Moderate Intensity

*I can talk while I do these activities,
but not sing*

Vigorous/High Intensity

*I can only speak a few words without
stopping to catch my breath*



Visit www.healthysd.gov
for more information.

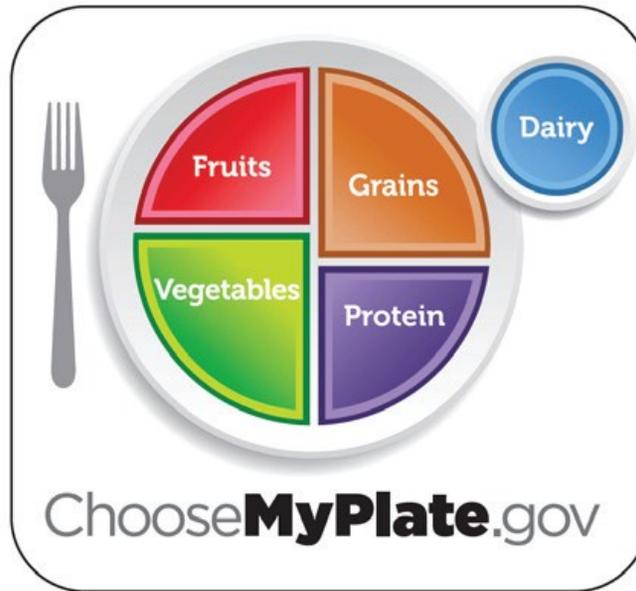
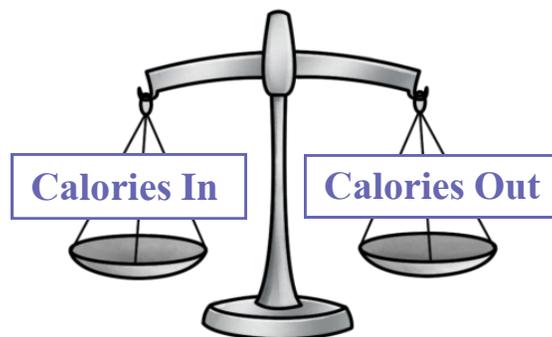
Calories In

Food and Drinks

You are in control of what you put in your body!

Take control by following these steps...

- 1) Discover MyPlate
- 2) Plan Ahead. Write down what you plan to eat for each meal using MyPlate as your guide.
- 3) Make a shopping list and stick to it.
- 4) Sit down to eat with family or friends without distractions. No TV, computer, videogames, etc..
- 5) Stop when you are full. You don't have to finish your plate.
- 6) Balance the calories you eat and drink (calories in) with activity every day (calories out)



Fruits & Vegetables:

Fill 1/2 your plate with a colorful mix of fresh, frozen, or canned fruits & veggies.

Whole Grains

Choose whole grains: Whole wheat bread, whole wheat pasta, brown rice, whole grain oats, barley, quinoa, and popcorn (hold the salt and butter).

Lean Protein

Choose lean protein: Chicken, turkey, beans, eggs, and nuts. To find lean beef or pork look for the words "round," "chuck" or "loin". Remove skin and fat from meat and poultry before cooking.

Fat-free/Low-fat Dairy

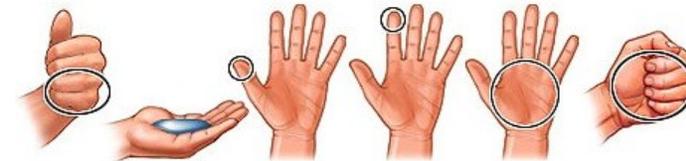
Milk, cheese, & yogurt.

Choose Healthy Drinks

- * Water
- * Fat-Free or Low-Fat Milk
- * 4-6 oz 100% Juice
- * Unsweetened tea
- * Decaffeinated coffee

Know Your Portion Sizes

Use your hand to measure portion sizes



	1/2 cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
1/2 cup						Cooked vegetables, rice, pasta/noodles, pretzels, beans, ice cream
1 oz						Nuts, seeds, dried fruit
1 Tbsp						Peanut butter, salad dressing, sour cream, cream cheese
1 tsp						Cooking oil, margarine/butter, sugar
3 oz						Meat, poultry, fish
1 cup						Raw fruits and vegetables, cereals, soups, casseroles