



12 Steps to Better Health

Step 1: January

Mix It Up!

Mix up your routine to avoid boredom.

Try different combinations of activities at moderate and vigorous intensities.

Moderate: Your breathing and heart rate is noticeably faster, but you can still carry on a conversation.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30 min Bike Ride	Weight Training	30 min Brisk Walk	30 min Bike Ride		Weight Training	60 min Yard Work

*Total: 150 minutes moderate-intensity aerobic activity
+2 days muscle-strengthening activity*

Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
25 min Tennis	Weight Training	25 min Jog/Run		25 min Rollerblade	Weight Training	

*Total: 75 minutes vigorous-intensity aerobic activity
+2 days muscle-strengthening activity*



Visit these websites for other exercise tips:
www.cdc.gov
www.EscambiaHealth.com



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Learn How To Read Your “Food Fuel Gauge”



Everyone of us is born with the natural ability to know when and how much to eat. Sometimes, as we get older, we forget how to use this information. Many of us confuse wanting to eat with needing to eat. Relearning to tell the difference will help you eat less, feel more satisfied, and consume more nutritious foods.

But how do I know whether I am hungry? Hunger is physical; it is not a thought or a craving. Watch for the most common signs:

- Stomach growls
- Weakness or loss of energy
- Trouble concentrating and making decisions
- Headache
- Shakiness and irritability

So before you start filling up, pause, and check your food fuel gauge! Try the following ideas to make sure your “food gauge” is working like it should:

1. **Eat before your “food gauge” reaches 10% above empty; stop eating before you reach 90% full.** If we let our food gauge get too low, we can eat too much in response to that hungry feeling. Also, if we do not pay attention to our body, we can eat so much at once that we feel bad, and we put on extra weight as a result. Planning healthy meals and being prepared with nutritious snacks will help you to keep your “fuel gauge” from getting too low, or high.

2. **Wait 20 minutes before you take seconds.** It takes our brain about 20 minutes to get the message from our stomach that we have eaten enough. If you eat a healthy, well-portioned meal and then wait 20 minutes, your body has a chance to get caught up. If you are still hungry after 20 minutes, have some extra salad or other non-starchy vegetables. They are lower in calories and higher in fiber than most other foods. They will fill you up without putting you in too much danger of eating more calories than you may need.

3. **Drink a glass of water.** Sometimes we think we are hungry when we really are thirsty. It is kind of like how your car doesn't run as well when your engine oil is low. A little bit of fluid may be what it takes to get you back up to speed.

