



12 Steps to Better Health Step 9: September

A Walk A DAY is the Healthy Way

Walking is a safe, simple, low-impact exercise that has numerous health benefits. It is inexpensive and can be done almost anywhere at anytime. Start walking and become a healthier you!

- Take a walk after dinner, instead of watching television.
- Meet friends at a park for a stroll, instead of coffee or lunch.
- Check out local nature trails, or spend a day walking around the zoo or aquarium.
- Keep a pair of walking shoes at work and remember to walk daily.
- Start a walking challenge with a neighbor or friend. Keep track of your progress in a walking log and reward yourself.
- Walk your children to school as often as possible. It teaches them that physical health is important.

Visit these websites for other exercise tips:

www.womenfitness.net

www.saferoutestoschool.ca/

www.playpensacola.com/parks.asp

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Get More Fiber



It's even better for you than your grandmother says! Fiber plays many roles in your body's health. Adults who eat a diet containing 25 to 35 grams of fiber each day, typically:

- Get more nutrients, especially vitamins and minerals, in that diet;
- Feel fuller longer after high-fiber meals;
- Have lower LDL (bad) cholesterol;
- Have better blood sugar control;
- Have fewer cases of constipation, hemorrhoids and diverticulosis;
- Have a lesser chance of getting certain cancers.

There are actually two major types of fiber. Insoluble fiber, also known as "roughage," does not dissolve in water. Soluble fiber will dissolve in water to form a gel. You need both types of fiber.

Fortunately, a diet rich in whole grains, fruits, vegetables (including dried beans or peas that have been cooked), and up to one ounce of nuts a day can give you both soluble and insoluble fiber each day!

Get all types of fiber in your diet by eating a variety of foods every day!

Here are a few tips to remember for adding fiber into your diet:

1. **Choose whole grains and brown rice. (See February's tip for more on whole grains.)**
2. **Get at least 5 servings of vegetables and fruits each day; eat the peelings whenever possible to get the most fiber out of a fruit or vegetable.**
3. **Have a small handful (up to one ounce) of nuts each day.**
4. **Make cooked dry beans a regular part of your diet.**
5. **Eat less processed, convenience foods and more foods listed in 1-4, above**